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whole life action plan APRIL 2010

THIS MONTH'S GOAL

LIGHTEN UP!

Shed some of what's been holding you back. Aim to accomplish any or all of these changes: You'll feel better—and lighter—as a result.

BODY

1 LOSE 4 LBS IN 4 WEEKS

- **COMMIT TO 45 MINUTES OF CARDIO** three to four times a week; ramp up the intensity by 10 percent if you're already there. (Moderate rope-jumping for 10 minutes can burn about 150 calories!)
- **LAY OFF THE LIQUID SUGAR** by cutting out soda and sports drinks, which average 200 calories a serving. "Aim to cut 500 calories a day by eating less and burning more, and you'll be on track to lose a pound a week," says nutritionist Keri Glassman, author of *The O_2 Diet*.
- **ADD THREE VEGETABLES A WEEK** in place of three starches. (Try broccoli rabe instead of pasta.)

MIND

2 UNLOAD AND UNWIND

- **TACKLE** your clutter for two hours each week for the next month. Break the time up into half-hour chunks, or do it all at once. Prime for tossing: books, DVDs, and unworn or rarely used clothing.
- **READ OR WATCH** something that makes you laugh for at least 15 minutes a day. May we suggest our faves: awkwardfamilyphotos.com and improveverywhere.com.
- **SAY NO** to a project, meeting, or obligation each week—and do something for yourself.

SOUL

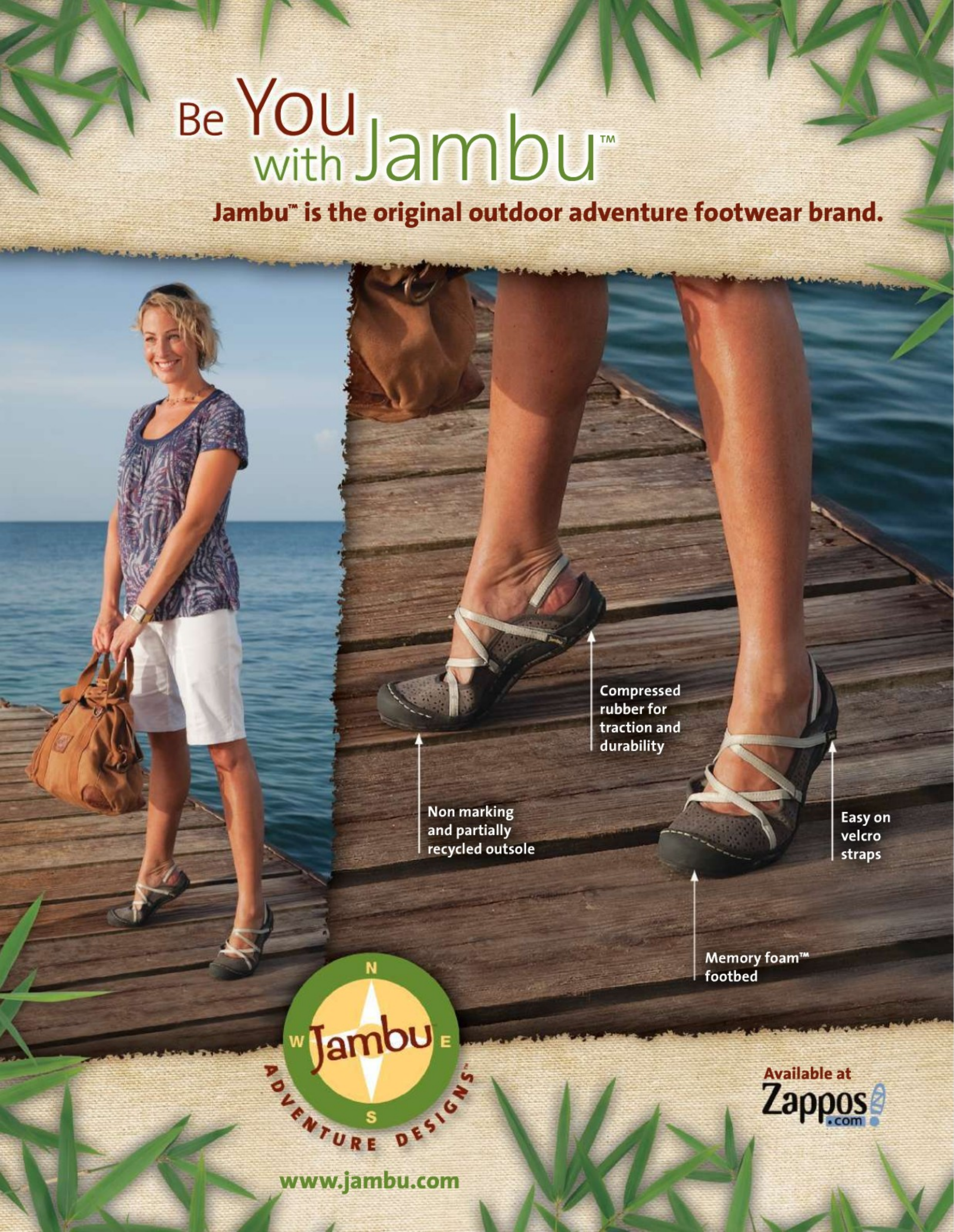
3 UNBURDEN YOURSELF AND SHARE THE WEALTH

- **DONATE** your gently worn shoes to soles4souls.org, a Nashville-based charity that collects them from footwear companies and closets (check the Web site for locations near you) and distributes them free of charge to people in need.
- **SUPPORT** humor research. Rxlaughter.org serves seriously ill children and adults in support groups and clinics around the world through therapy, education, and research.

MAKE IT HAPPEN

CHANGE FOR GOOD

What's *your* goal? Run a 10K? Find more energy? Be more mindful? Join our community at *Wholeliving.com* and get support from readers with similar plans. You'll find strategies from fitness and health experts, plus ideas for keeping you motivated while you achieve your aim.


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APRIL 2010 contents



photograph by Raymond Hom, food styling by Sarah Carey, prop styling by Tanya Graff

FEATURES

COVER PHOTOGRAPH BY
Johnny Miller

STYLING BY
Cindy DiPrima

ON THE COVER

contents APRIL 2010









photographs clockwise from far right: Raymond Hom, prop styling by Julie Ho (2); Johnny Miller, prop styling by Tanya Graff; Johnny Miller, prop styling by Manuel Norena

wholeliving.com

WHAT'S ON THE WEB

256 Ways to Green Your Life

SPRING CLEANING ISSUES SOLVED

Get the most out of your nontoxic cleaners by tweaking your routine. Find out how at **WHOLELIVING.COM/ECO-CLEAN-SOLUTIONS**

GREEN YOUR HOME ROOM BY ROOM

From your kitchen to your basement, we've got 100-plus ways to create a safer, healthier living space. Plus: Take a green-living quiz, download an eco-friendly resource guide, get sustainable recipes, and more at **WHOLELIVING.COM/GREEN-HOME**

ASK AN ECO-LIVING EXPERT

Environmental author Mindy Pennybacker takes your questions in our community on April 6, 7, and 8. Join the discussion at **WHOLELIVING.COM/ECO-QUESTIONS**





NEW!

MARTHA'S EVERYDAY FOOD iPHONE APP

Get daily dinner ideas, search thousands of easy recipes, and create instant shopping lists. Download now at **marthastewart.com/app**

+

TASTE

NEW WAYS TO GET MORE SOY

Celebrate National Soy Foods Month by adding more meatless meals to your menu. Get recipes at **wholeliving.com/soy-foods**

DO

CLEAR AWAY THE MESS

Grab a garbage bag: *Throw Out Fifty Things* author Gail Blanke helps you declutter your home—and your life—at **wholeliving.com/spring-clean-your-life**

READ

OUR FAVORITE NEW BOOKS

Need a page-turner? Find an ongoing list of our editors' favorite reads at **wholeliving.com/book-reviews**

photographs from top: Johnny Miller, prop styling by Hilary Robertson; Valerie Shaff


jane iredale



CHANGE AGENTS

WILL SOMEONE PLEASE give Earth Day a makeover? In an age when every disease gets its own holiday, the occasion deserves more than concerts by aging rock stars and newspaper ads touting corporate carbon offsets. This year is Earth Day's 40th anniversary, four decades since a toxic coastal oil spill prompted Wisconsin Senator Gaylord Nelson to declare April 22 a day to "celebrate the earth." What better time to figure out what it should represent? In "Does Earth Day Really Matter?" (pg. 74), Environmental Defense Fund columnist Dominique Browning challenges each of us to create daily rituals of observance, while 10 other environmental leaders chime in with their own suggestions for change. (Yes, the lightbulb gets an eloquent defense.)

On the subject of change, you'll notice our pages have a new look. You'll still find the stories you love—about health and sustainability, about finding balance in your full-tilt lives—but with images and language that we hope spark warmth and inspiration. We debated at length whether to change our back page (editor Terri Trespicio's popular "10 Thoughts on Whole Living") and finally resolved to try a new concept: "The Whole Truth," this month featuring author Anne Lamott. We've collected Terri's nuggets in an online gallery (*wholeliving.com/10thoughts*), where you can sign up for a daily 10 Thoughts Tweet, or add your own.

Please write me at apostman@bodyandsoulmag.com to tell me what you think of our innovations. Oh—and Happy Earth Day! Hope it takes root in your own calendar of celebrations.

Alex

Alexandra Postman, Editor-in-Chief

contributors



DOMINIQUE BROWNING eloquently answers our question "Does Earth Day Really Matter?" (pg. 74). The writer makes her home in Rhode Island, by the water; her memoir *Slow Love* is due out in May.



JOHN DOLAN, the photographer who shot "Stop Stressing, Start Living" (pg. 96), lives with his wife, kids, and 16 chickens in Chatham, New York. He contributes to a number of national magazines, including *Martha Stewart Weddings, Real Simple,* and *Self.*



SARAH ENGLER is *Body + Soul*'s senior lifestyle editor; every month she finds the best eco-friendly items and ideas, which are coming in handy as she renovates her 100-year-old Brooklyn apartment.



JENNY ROSENSTRACH hit the produce aisle—hard—for "How to Be a Healthy Vegetarian" (pg. 102). A veteran magazine writer, she is currently authoring a family-dinner cookbook and runs the Web site dinneralovestory.com.

Alex Postman portrait by John Dolan, hair and makeup by Sara Johnson, wardrobe by Sabine Feuilloley; Blue seersucker blazer and dark blue jeans by Stella McCartney, see product guide for where to buy. Dominique Browning portrait by Frances Palmer; John Dolan portrait by Holger Thoss



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body+soul **ENVIRONMENTAL STATEMENT**

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CARBON OFFSET	TREES	ENERGY	WATER	GREENHOUSE GASES	SOLID WASTE
868,816 pounds of CO_2	9,624	6,656 BTU	3,506,544 gallons	1,069,656 pounds of CO_2	580,192 pounds

Calculations are based on data from our printer and the Environmental Defense Fund.

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MARTHA STEWART

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READER TO READER

When have you pushed yourself past your comfort zone?

This month's winner

A few years ago I lost all my hair due to an autoimmune disease. As a school principal, I thought it best to wear a wig. Finally, I decided to come clean to the children and their parents—and to do away with wigs for good. My life and work have benefited in many ways from that single act, giving me the strength to create two successful new schools for my inner-city district. Being bald may or may not be beautiful, but my work with children is, and their growing hope gives me all the daily pleasure I need. DIANA H., *Denver, CO*

TWEETED

"TY for the great tips and recipes in the current issue :)"

—HC_MAVEN

Carless in Minneapolis

Last winter I decided to store my car for two months. I thought if I could brave the winter without it, I might not need it at all. And I was right: My life is simpler and in some ways much more satisfying. I have fewer costs and far less guilt about my carbon footprint. I walk more, have learned to navigate the bus and light-rail system, and call the occasional cab. I see my city and the people in it with new eyes. I feel each day with my whole body—the sights, the sounds, the scents, the seasons—in a way that I would have missed if I were driving. My world didn't shut down without a car, but instead opened up in some surprising ways. Soon after, I sold it!
PATRICIA B., *Minneapolis, MN*

I quit!

Last summer, during the height of economic uncertainty, I voluntarily left a comfortable job with a great salary because I felt bored, unfulfilled, and tired of my coworkers' toxic attitudes. I took a substantial pay cut for a more challenging job in a different industry. I approach each day as a chance to learn something new and contribute in a positive way. I now work harder for less money, but the reward is that I'm finally excited about going to work every day.
MARIANNE S., *Watertown, MA*

Hold the epidural, please

Last year I accomplished the biggest challenge of my life: natural childbirth. With support from my husband, parents, and grandmother, I withstood 12 hours of labor and delivered a beautiful baby girl. That experience taught me that the pain of getting outside your comfort zone is temporary and brings with it such great blessings.
ANDREA F., *Queen Creek, AZ*

Taking the plunge

I've always disliked cold weather and avoid walking on ice. I also don't like to jump into water. But the year I turned 50, I decided to take part in a local Polar Jump ▸▸

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photograph by Raymond Hom, prop styling by Shane Powers

TWEETED
"Love your magazine. Where've you been all my life?" —HOTMAMAHEALTH

▸▸ READER TO READER (CONT.)

on New Year's Day with a group of friends at the lake I live on—and overcame three of my fears in one fell swoop! If I don't do it now, I thought, I'll regret never having done it. The pictures are not flattering, to say the least, but they captured the anticipation, the jump, all of it. It was certainly an exhilarating experience.
MARSHA J., *Amherst Junction, WI*

In flight

When I was in college, I decided to do something I'd always wanted to do—fly an airplane! I took a discovery flight lesson at the local airport and started a journey to become a private pilot, all while continuing my teaching studies. The experience was like no other in terms of confidence building. I went on to become a teacher and am a mother of three, and I'm proud of myself for taking time to do this—and to get a whole new (aerial) perspective on life.
MEGAN D., *online*

TWEETED
"You've arrived! So, uh, is 5:15 too early to 'lovingly' shove my kid in bed so I can read?"
—MIZFITONLINE

FACEBOOK MESSAGE
"BODY+SOUL IS MY FAVORITE. I SHARE IT. BUT I DO NOT GIVE IT AWAY."
GINGER F.J., MEBANE, NC

WHOLELIVING.COM

HOW'D YOU DO ON THE WHOLE BODY ACTION PLAN?

Checking in with readers who took the 28-day challenge.

IT WAS A LITTLE TOUGH eliminating a few of my favorite foods, including wheat and processed grains, but I love how much better I feel. And I love that, for once, I'm doing something good for me.
STEFANIE S., *Las Vegas, NV*

THIS PROGRAM HAS DONE a lot for me, especially by showing me how good healthy eating can make me feel. I'm full of energy. I feel like a teenager! It was just what I needed to get things in perspective, because I'm not the only one affected by this plan: My kids are, too. I will continue with this plan, one day at a time, for the rest of my life.
MARIA S., *Hammond, IN*

I LEARNED HOW dramatically my diet affects my energy. I'd heard it for years and never really believed it. The detox week allowed me to quickly change habits and experience results.
JAN P., *Allston, MA*

EATING HEALTHY FOODS and cutting back on caffeine isn't specific enough. Also, I hope you make your Web site more user-friendly. I'm pretty frustrated with it!
HANNAH H., *Milwaukee, WI*

I COULD ACTUALLY KEEP GOING! I'll be continuing my morning smoothies. I lost four pounds, am sleeping better, and feel calmer. And the irritating chronic cough I had is gone.
KAREN O., *Ashland, OR*

I LEARNED TO CONCENTRATE on what my body needs and wants. Deliberate choices about my diet helped me tune in to myself in other ways: I found myself turning off the TV to read a book or take a hot bath. It's amazing how making a change in my diet for a few days helped me find balance again in my life.
LIZ G., *Nome, AK*

Join us! **wholeliving.com/community**

MAILBOX

Life is better

I have been feeling really down and dwelling on it. But when I read John and Bert Jacob's story about Life Is Good ["Good Vibrations," December], it inspired me. Instead of thinking about my never-ending problems, I've decided to fill that mental space with happy memories. Thanks so much for helping people stay positive so we can make life good!
ALICIA D., *Northern CA*

All in the family

My sister struggles with anxiety and depression. And when she's down, I try to help her by sharing what works for me—yoga, writing, and my copy of *Body+Soul.* I found Terri Trespicio's article "Good Vibrations" folded on my sister's bedside table. I hope she finds optimism in that uplifting piece, the way I do with the rest of the magazine.
ANDREA M., *Boston, MA*

Silence speaks

I loved "Silence Is Golden" [December]. Thank you for reminding us that we have the power to be mindful of what we say and how we spend each and every moment of our time. The account of [writer Alyssa Giacobbe's] experience at the meditation retreat made me feel happy that I purchased my first issue of *Body+Soul.*
DAVID S., *Edison, NJ*




BAKED WHOLE SOY & FRUIT BAR
SOYJOY

whole living



photograph and styling by Matthew Axe

HERB EXCHANGE

You love your windowsill herb garden, but the basil is taking over, and sometimes you need a smidge of dill. So coordinate an herb exchange with your friends and neighbors: Each person grows a couple of plants and shares the excess. Less waste, more taste. ▸▸



MASS MEDIA

GREEN WANTS YOU!

Frustrated that he couldn't easily find organic produce in his hometown of Columbus, Ohio, art student Joe Wirtheim sounded a call to arms in 2007 by creating propaganda-style screen-printed posters with an environmental bent (victorygarden oftomorrow.com). Wirtheim is now based in the eco-haven of Portland, Oregon, and his latest prints encourage everything from raising chickens to composting—and are just $12. Now go grow a victory garden! —HILLARY GERONEMUS

HOW TO STORE CLIPPED HERBS

Once you collect a little of this and a little of that, follow these guidelines to keep your herbs in mint condition.

+ KEEP WET
Trim ends of **basil** stems, stand in water, and cover leaves with a thin plastic bag. Wrap stems of **parsley** and **cilantro** with a damp paper towel and keep in a sealed plastic bag in the fridge.



+ KEEP DRY
Rosemary, chives, thyme, and other perennials stay freshest in the fridge. Stack with layers of paper towels between them in a sealed plastic bag or an airtight container.
—SARAH ENGLER



PANTRY DOCTOR

MAC 'N' CHEESE MAKEOVER

Elevate the old standby with these crowd-pleasing, healthy twists.



START WITH

ANNIE'S SHELLS & WHITE CHEDDAR (OR SIMILAR)

For either ingredient combination to the right, enhance the cheese sauce before adding it. Mix included pouch and ½ cup milk and bring to a boil. Add 1 cup grated cheddar cheese and stir until melted.



OR



TOMATO AND THYME

1. On a baking sheet, drizzle cherry tomatoes with olive oil. Season with salt and pepper and sprigs of thyme.
2. Roast at 425° until the tomatoes have partially collapsed (30 minutes).
3. Prepare the cheese sauce and mix with pasta. Stir in tomatoes and top with thyme.

MUSHROOM MAC

1. Sauté sliced mushrooms in olive oil.
2. Prepare the cheese sauce and stir in a teaspoon or so of grainy mustard. Toss with the pasta.
3. Add in the mushrooms and chopped parsley.

all photographs by Raymond Hom, prop styling by Julie Ho, food styling by Sarah Carey, except for poster courtesy of victorygardenoftomorrow.com


HORIZON
MILK WITH DHA OMEGA-3
ISN'T ROCKET SCIENCE.
But it is genius.
Studies show kids don't get enough DHA Omega-3, a nutrient which supports healthy brain development.* But now it's available in a drink kids love, Horizon Organic® Milk Plus DHA Omega-3. Wholesome, organic milk, it's as delicious as it is smart. And it even comes in rich, creamy chocolate. Learn more at www.horizondairy.com.
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There's a better future
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HORIZON
ORGANIC
DHA OMEGA-3
helps support a healthy brain
2%
organic
REDUCED FAT
MILK
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*Kris-Etherton, et al.; Am J Clin Nutr 2000;71(suppl):179S-88S.



Inkaterra, Peru



^^ Tree House Lodge, Costa Rica



^^ Cedar Creek, Washington

ECO-TRAVEL

BRANCHING OUT

Tree-house hotels are about as "away from it all" as you can get—and they're springing up all around the world. Check out these forest-friendly accommodations.

As every kid knows, nothing beats a haven up in the leaves. Now hoteliers are cluing in and designing lodges in lofty settings—without disturbing the natural environment. In Costa Rica, the Tree House suite at the Tree House Lodge (costaricatreehouse.com, $300 per night) has a bedroom reachable by suspension bridge, along with a full kitchen and air-conditioning. The tri-level Cedar Creek Treehouse (cedarcreektreehouse.com, $300 per night) towers above the dense treeline near Mount Rainier in Washington. And Inkaterra's Canopy Tree House (inkaterra.com, $400 per night) in the Peruvian Amazon is Tarzan's pad gone luxe: Guests are served by their own butler as they lounge alongside monkeys 75 feet above the ground.
—MIRANDA CROWELL



WHOLE GIVING

JUNGLE GEM

Hosung NY's new My Natural stuffed toys aren't monkeying around. All four animals (monkey, hippo, crocodile, elephant) are made from natural materials, and proceeds benefit the Jane Goodall Institute's efforts to protect chimpanzees. $10 each, *target.com*. —ANDRIANA VERDI

22

PERCENT

of travelers plan to be more environmentally conscious in 2010 than they were in 2009



I CAN'T LIVE WITHOUT...

BOIRON'S JET LAG CAREKIT

"This homeopathic remedy contains three vials of tiny pills packed with healing plant essences (for muscle pains, sleep pattern disturbance, and drowsiness) that dissolve in your mouth. It's become a must-pack anytime I'm hopping multiple time zones."
—SARAH ENGLER, senior editor

photographs clockwise from top right by Raymond Hom (2); courtesy of respective companies (3). opposite page: photographs of umbrellas by Raymond Hom; photograph of bag courtesy of Alice Saunders



33

MILLION

umbrellas are bought from big-name retailers in the United States each year

ANATOMY OF …

THE LIFELONG UMBRELLA

So many umbrellas feel utterly flimsy and sadly disposable. We asked Boston inventor Steve Hollinger, who's spent years dissecting them to devise *the* perfect design, for his piece-by-piece shopping guidelines. He hopes to sell his high-tech line in 2011, but until then, these picks follow (most of) his rules.

1. Canopy Bigger is not better. Ideally you want a canopy about 40 inches in diameter. Choose breathable woven nylon instead of vinyl. **2. Ribbing** The umbrella will bounce back from inevitable blowouts if it has fiberglass ribs with few moving parts. **3. Shaft** Sturdiness is key. Lightweight and resilient fiberglass will last the longest. **4. Handle** A curved one lets you use the leverage of your forearm to battle the wind. If you go with a straight handle, it should be covered with rubber or foam to ease pressure on your wrist when you squeeze. —SE

>> AUTO OPEN STICK BY TOTES, $18; TOTES.COM

MORE KEEPERS



>> PETROOLI BY MARIMEKKO, $40; UMBRELLAS.NET



>> METRO BY GUSTBUSTER, $40; LUGGAGE.COM



>> FULL SIZE BY TRAY 6, $49; TRAY6.COM



>> LOTUS BY FRANKFORD UMBRELLAS, $29; UMBRELLASUSA.COM



UPCYCLED FIND

BAG OF TRICKS

Crafter Alice Saunders has always had a thing for old flea-market fabrics. The former history major loves details that show signs from the past—a soldier's name on a canvas bag from World War II, or a hand-sewn repair made decades ago on a seaman's net. "I want to make these pieces tangible again by transforming them into useful everyday objects," she says. Her beautiful one-of-a-kind bags combine the cloth she collects with recycled and vintage hardware (from $50, etsy.com/shop/forestbound). —SE

RECYCLED CRAFT

THE T-SHIRT NECKLACE

The last time you made a necklace, it probably involved macaroni. Here's an idea inspired by a project on the blog Cucumbersome.com: Turn an old shirt into a piece of wearable art that's quite grown-up.

WHAT YOU NEED *Soft cotton T-shirt, ruler, scissors or rotary cutter*







1 Lay the shirt on a flat surface; cut off the hem and discard. Then cut the body of the shirt horizontally into strips approximately ¾ of an inch long. (They will actually be loops.)

2 One at a time, pull the loops open and stretch until the fabric starts to curl. Stack the loops on top of one another so that all the T-shirt side seams are in the same spot.

3 Once you have the thickness you desire, wrap the seams with a scrap piece of fabric (about 6 inches long) from the same shirt. Tuck the end of the scrap under itself. —SE



ECONUNDRUMS

ASK MINDY



Mindy Pennybacker, author of *Do One Green Thing* and editor of the site Greenerpenny.com, solves our environmental dilemmas.

Q Can clothes really get clean in cold water?
—DIANE BRICKWELL, DULUTH, MN

A Yes, really! Cold water will clean your laundry as well as hot most of the time. Plus your laundry area will be cooler, and you'll use 90 percent less energy. But there are exceptions. Unsanitary items, such as diapers, should be cleaned in hot water; so should bedding, to kill allergenic dust mites. For other heavily soiled items, try warm water; it still saves energy compared with hot.

Q Do I need to wash out my bottles and containers before putting them in the recycle bins?
—ELLEN HARPER, ATLANTA, GA

A Yes, but gently: Think degunked rather than pristine clean. Plastics, glass, and cans will be sorted, cleaned, and broken down at the recycling center. All we need to do is prep them for their journey, the way we scrape dishes before loading them into the dishwasher.

B+S ONLINE For the answers to more questions, or to submit one of your own, go to **wholeliving.com/ask-mindy**

WE TRIED IT

LEANER CLEANER

Just four pumps of Method's concentrated plant-based laundry detergent is enough for a whole load. No more hauling home ginormous jugs. (Plus the bottle is recycled.)



photographs by Raymond Hom, styling by Julie Ho; except Mindy Pennybacker portrait courtesy of the author



THE MERCHANT OF GREENNESS

Priscilla Woolworth brings her family's general-store savvy to the Web—and gives it an eco-friendly spin.

BY CHRISTIE MATHESON

VITAL STATISTICS

Age 47

Hometown Los Angeles

Day job Online entrepreneur

Biggest inspirations My daughters, animals, my French grandmother, volunteers

Environmental bible *The Better World Shopping Guide.* It showed me how much power each of us has through what we buy.

WHEN PRISCILLA WOOLWORTH gets out of bed, she can't wait to dive back in and savor a cup of English breakfast tea and the newspaper. "It's my moment of indulgence," says the Los Angeles–based founder of priscillawoolworth.com, an earth-friendly online general store lauded for its no-nonsense practicality and whimsical design sensibility. She burrows in until her French bulldog, Leroy, is ready for his walk, then heads to her office (right down the hall) and gets to work bringing green and fair-trade goods to the masses.

Woolworth's eco-awareness began when she had kids. "I felt very protective of my girls [Arielle and Lucie, now 20 and 18] and wanted to learn how to make their surroundings as healthy as I could," she says. And the desire to sell useful items is in her DNA—she's four generations removed from one of the founders of the famed Woolworth chain. With priscillawoolworth.com, she's created her own version of her family's trusted neighborhood store, "with healthy, positive products."

Launched in January 2009, priscilla woolworth.com carries a carefully curated selection of items that Woolworth either tested or designed

this page: photograph by John Dolan, hair and makeup by Dale Johnson, wardrobe by Zoe Glassner. Priscilla is wearing Enza Costa sheer white long-sleeve tees (2) layered, Joe's trouser jeans, Rachel Pally ivory oversize long jersey cardigan, Banana Republic shoes. Accessories are her own. opposite page, clockwise from top left: photographs by John Dolan (2); courtesy of Le Prince Jardinier; Raymond Hom (3)





NATURAL BEAUTY
Above: Woolworth's dining room feels a bit like Provence—maybe because she grew up in France. Right: Her home is sprinkled with objects she's collected on hikes.

herself—from bamboo hangers and baby-food mills to fair-trade cat toys handmade by a cooperative of women in Guatemala. In its first year, her site grew from 50 to 350 products.

She describes her office as "one huge vision board," covered with inspiring images: Moroccan women dyeing fabric in a pot, Pablo Picasso holding a giant palm leaf, old French men contemplating a game of *boules*, photos she's taken of family and friends.

Occasionally, Woolworth's interest in all things natural takes her to extremes; she's been known to freeze large dead bugs she finds and show them off at dinner parties. "It never fails to enliven the conversation!" she says. Arielle and Lucie occasionally poke fun at her earth mother bent, but they do love the perks—like homemade (and homegrown) organic dinners every night when they're home, always eaten by candlelight.

Although her daughters don't plan to take over the family store (Lucie wants to be a photographer; Arielle, a literary agent), Woolworth says she couldn't have created her business without them. "Through my girls, I have learned a capacity to love that goes beyond them and grows into my work."

SUSTAINING—AND SUSTAINABLE

Woolworth shares her four must-haves.



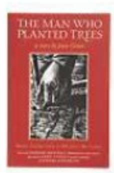
GARDENING TOOLS
"Le Prince Jardinier makes a utilitarian and stylish line." From $44, *artedona.com*



EXTRA-VIRGIN OLIVE OIL
"Newman's Own Organics tastes the best." $13 for 17oz., *newmansown organics.com*



PRODUCE BAG
"They're made from recycled chicken-feed bags." $10, *priscillawool worth.com*



THE MAN WHO PLANTED TREES
"Jean Giono's story about helping nature inspired me when I first read it as a kid." $10, *barnesand noble.com*



MADE FOR WALKING

Trade in the flip-flops for a pair of these stylish upgrades, and even a weekend running errands will feel elevated.

1 MACADAMIA BY BORN (in Pewter), $85; *bornshoes.com*

2 SEASPRAY SLIDE BY SEBAGO, $60; *sebago.com*

3 ANNA BY TEVA, $70; *teva.com*

4 EARTHKEEPERS KENNEBUNK RING ANKLE THONG BY TIMBERLAND, $90; *timberland.com*

5 SALIDA BY NAYA, $110; *nordstrom.com*

6 SPARTA BY BIRKENSTOCK (in Twilight Blue), $80; *birkenstock.com*

7 ASTER BY MERRELL, $80; *merrell.com*

Spring In Your Step

Whether you're headed to the farmers' market or the office, these shoes will keep you looking sweet and feeling sensible.

photographs by Johnny Miller; produced by Laurie Trott; prop styling by Manuel Norena

MADE FOR WORKING

A bit of heel, some shimmer—the little touches make these office-friendly sandals as chic as they are practical.

1 BANDHA T-STRAP BY PATAGONIA,
$90; *patagonia.com*

2 ANACONDA BY NINE WEST,
$89; *800-999-1877 for stores*

3 FULLOUT BY NATURALIZER,
$79; *naturalizer.com*

4 OLIANA BY UGG
(in Chestnut),
$130; *uggaustralia.com*

5 FRED CROCO FLAT SLING BY ALICE + OLIVIA FOR PAYLESS,
$30; *payless.com*

6 ALIZE BY DANSKO
(in Cornsilk),
$125; *zappos.com*

7 AIR HALSEY THONG BY COLE HAAN,
$148; *colehaan.com*



+ GET A LEG UP

To make your legs appear longer, choose a sandal without an ankle strap.


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whole health



DRINKABLE DOSES

Liquid vitamins and supplements are often the wallflowers of the health food store. But for certain key nutrients, or for people who have trouble swallowing pills, liquid varieties (like B12 and iron, shown here from left) may be a good choice. ▶▶

photograph by Raymond Hom, prop styling by Julie Ho

LIQUID VITAMINS and supplements often get short shrift in favor of easy-to-pop pills, but these viscous formulas may be worth a second look. "If you're deficient in water-soluble nutrients like the B vitamins, iron, or other minerals, quality liquid supplements are thought to be better absorbed," says Sheila Kingsbury, N.D., naturopathic physician and chair of the Department of Botanical Medicine at Bastyr University. "They're also an especially good option if you have a history of digestive issues or have trouble swallowing pills."

Here are her five top picks:
FOR B12 Nature's Answer Liquid Vitamin B12 may support red blood cells and boost neural connections. *$25 for 2 oz., evitamins.com*

FOR IRON Floradix Iron + Herbs can increase iron absorption by 50 percent for anemia and low-iron sufferers. *$26 for 8.5 oz., shopping.florahealth.com*

FOR VITAMIN C ChildLife Liquid Vitamin C has 250 milligrams per teaspoon of the immune-boosting liquid. *$8 for 4 oz., vitacost.com*

FOR CALCIUM Trace Minerals Research Cal/Mag/Zinc Liquimins has a balanced, potentially bone-building formula. *$32 for 32 oz., vitaminshoppe.com*

FOR A MULTI Nature's Answer Platinum Liquid Multiple Vitamin & Mineral is an effective option for those who have trouble swallowing or stomaching pills. *$18.50 for 16 oz., iherb.com*
—MICHELLE HERRERA MULLIGAN



People can lower their risk of diabetes by

25

PERCENT

by drinking three to four cups of coffee or tea per day, according to a recent review of 18 studies.

ATTENTION TO PREVENTION

6 STEPS TO REDUCE CHOLESTEROL

Over 42 percent of American women older than 20 have borderline high cholesterol (more than 200 milligrams per deciliter), according to 2008 data from the American Heart Association.

1 **Start your day with a warm bowl of oatmeal,** adding plenty of roasted almonds and a little flax. In individual studies, the combination of cholesterol-blocking soluble fibers and inflammation-busting omega-3's brought total cholesterol, LDL, and triglycerides down 10 to 30 percent.

2 **Take the stairs.** A study found that one to five two-minute dashes up the stairs daily over eight weeks lowered LDL cholesterol by almost 8 percent.

3 **Make time for yoga and meditation.** In one review of studies, men who regularly practiced stress-melting yoga showed a 6 to 25 percent decrease in total cholesterol numbers.

4 **Laugh your head off.** A study compared two groups of diabetic patients who were getting standard drug therapy: One group spent half an hour watching a funny show every day; the other just took the drugs. At the end of a year, 26 percent of participants who watched the show had higher levels of HDL ("good" cholesterol), compared with only 3 percent of the other group.

5 **Have a glass of red wine.** Studies have found the combo of HDL-boosting ethanol and antioxidant resveratrol may help protect your heart.

6 **Supplement with plant sterols.** Sure, that doesn't sound exciting, but these phytochemicals, found in high amounts in plants like wheat germ, reduced total cholesterol and LDL by 10 to 14 percent in studies. —M.H.M.

SHOULD I OR SHOULDN'T I?

IS IT OK TO GO ON A BIRTH CONTROL PILL THAT ERASES MY PERIOD ENTIRELY?

A "Studies don't appear to show any greater risks in taking hormonal pills continuously when compared to cyclic birth control pills [that give you a period]," says Lissa Rankin, M.D., an integrative gynecologist in Mill Valley, California. There's nothing natural about the "period" you get while you're on a 21-day oral contraceptive anyway, Rankin says; it's just hormone withdrawal: "Manufacturers created birth control pill packs with a week of placebos in the belief that women preferred to have a period, even if it was artificially created." —M.H.M.

photograph by Raymond Hom, prop styling by Julie Ho



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Made from Concord grapes grown by our family-farmer owners.



INTEGRATIONS

Q&A WITH WOODSON MERRELL, M.D.

Chairman of the Department of Integrative Medicine, Beth Israel Medical Center, and coauthor of *Power Up: Unleash Your Natural Energy, Power Up Your Health, and Feel 10 Years Younger*

Q Do I need to take a vitamin D supplement?

A It's likely—70 to 75 percent of women are deficient in vitamin D. To know for sure, request a simple blood test (called 25-hydroxy-vitamin D) from your doctor; your levels should be between 40 and 100. Vitamin D is critical: Its deficiency is linked to osteoporosis, low immunity, and coronary artery disease. It's also an important nutrient in the prevention of several cancers (including breast and prostate). So many people are deficient because the only way that our bodies can produce vitamin D is by exposure to the sun. But if you live north of the 35th parallel (which runs from southern California through North Carolina), the sun's rays are not strong enough during the winter months for vitamin D production, and even below that latitude, it takes much longer in the winter to get the amount you need. During the summer, we necessarily wear sunscreen to prevent skin cancer, but this also prohibits vitamin D production. For people who are deficient, I start them off at 2,000 units a day, and often two days of the week I give them 20,000 units. Once they're back up to the optimal range, I recommend a minimum daily supplement of 1,000 units, which is the equivalent of 10 to 15 minutes of exposure to strong sunlight. Note: People with calcium and kidney stone problems need to be taking extra vitamin D, and it's always important to clear any new supplement with your doctor before taking it.

Q I eat a lot of canned beans. How worried should I be about BPA in the lining of food cans?

A The FDA has now recognized that BPA (or bisphenol A, a chemical commonly found in plastics) in the food supply is a potential health hazard, but there's no regulatory structure set up to enforce a ban. Canned food is one of the many places (along with some baby bottles, water bottles, and reusable plastic containers) that you find BPA. My recommendation is to strictly limit canned foods for children, whose developing bodies are most susceptible to the hazards of BPA. For adults, try to reduce your consumption to one or two cans per week, and when possible, rinse off food. To avoid cans, consider buying uncooked beans and preparing them in a pressure cooker.

B+S ONLINE For answers to more questions, or to ask your own, go to **wholeliving.com/doctor-merrell**

HERB 1-2-3

SOOTHING GINGER TEA

The gnarled ginger root packs a punch—for not only your palate but your health. Try a cup or two of hot ginger tea for everyday complaints like an upset stomach, menstrual cramps, or congestion. Here's how to brew it up. —TANIA HANNAN





STEP 1 Remove the skin from an inch of fresh ginger using a paring knife. Chop the ginger and measure a tablespoon per cup of tea.



STEP 2 Add ginger to a saucepan with water, 8 oz. per cup. Bring it to a boil, then simmer, covered, for 20 minutes. Pour into a teapot.



STEP 3 Remove the strainer from the teapot and discard the ginger. Add honey if desired. Tea can be refrigerated for up to a day; warm to serve.

ENVIRONMENTALLY FRIENDLY

SEX TIP FOR ECO-LOVERS



"Look for organic lubricants, like Firefly ($19, *organiclubricant.com*), that don't contain glycerin or parabens," says Stefanie Iris Weiss, author of *Eco-Sex: Go Green Between the Sheets and Make Your Love Life Sustainable*. "Glycerin can cause irritation (which can promote the transmission of STDs), and parabens may have estrogenic effects." Not sexy. —M.H.M.

photographs clockwise from top: courtesy of Woodson Merrell; courtesy of Eco-Sex; Raymond Hom, prop styling by Julie Ho, food styling by Sarah Carey (4)



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FITNESS FIX

NECK PAIN RELIEF

Is bad office posture giving you a (literal) pain in the neck? Try these strengthening moves. In a recent small study, a group of Danish female office workers with chronic discomfort reported a 79 percent drop in shoulder and neck pain after ten weeks.





SHOULDER SHRUG
Stand with legs shoulder-width apart and knees slightly bent. Hold dumbbells with your hands at your sides, palms facing your body, arms fully extended (A). In a continuous motion, lift your shoulders toward your ears (B) and lower them slowly. Do three sets of three, three times a week, using 18- to 26-pound weights to start.



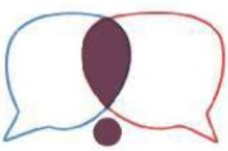


UPRIGHT ROW
Stand straight with your hands comfortably apart, holding weights in an overhand grip (A). Keep your elbows up as you lift the weights in a straight line toward (but not past) mid-chest (B), then straighten your arms as you lower them. Do three sets of three, three times a week, with 5- to 10-pound weights to start.





BEND AND ROW
Start with your legs together and step your right leg back a foot. Bend at your waist and place your right hand on a chair (A). Holding weight in your free hand, pull the weight up to rib cage (B) and lower it slowly. Switch sides. Do three sets of three, three times a week, using a 13- to 22-pound weight to start.



GRACE NOTE

Tactful words in a fight can save more than your marriage. In a study, 42 couples were asked to discuss their toughest issues while researchers recorded their conversations, noting the percentage of thoughtful words they used (such as "think," "because," "reason," "why"). They also measured stress proteins in the participants' blood before and after. Those who had used the most diplomatic language had lower levels of stress-related proteins, which at high levels are linked to heart disease, diabetes, and some cancers, according to researchers. —M.H.M.

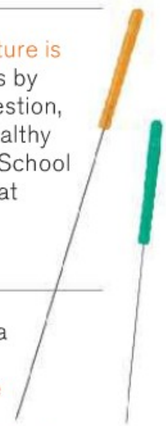
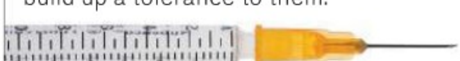
photographs by Raymond Hom, styling by Julie Ho

BREATHE EASY

If allergies are the bane of your spring, get a jump start on managing the misery.

BY MICHELLE HERRERA MULLIGAN

FOR MANY UNFORTUNATE SOULS, watery eyes, a red nose, and a sore throat are as much the hallmarks of spring as crocuses and singing birds. Springtime allergies occur when the immune system treats the pollen, mold, and ragweed that fill the air as a threat and goes on the attack, flooding the body with sneeze-inducing histamines. One study showed that each week, an hour of productivity per person is lost because of spring hay fever (the most common seasonal allergy). The earlier you treat symptoms, the better the remedies will work, so get going at the first sniffle.

SEVERITY	TREATMENT	ADDITIONAL HELP
Mild Allergies	The first line of defense, says Michael Benninger, M.D., chairman of the Head and Neck Institute at the Cleveland Clinic in Ohio, is to reduce your exposure to pollen. Close your windows and try to stay in on high-pollen days. Be sure to wash your laundry with hot water, and use the recirculate function on your air conditioner.	Flush out your nasal passages using a saline solution in a neti pot or an over-the-counter rinse. 
Moderate Allergies	If you're still suffering, freeze-dried stinging nettle, a natural antihistamine you can take in tea or a tincture, might help. (Note: Stinging nettle isn't safe for pregnant women and could interact with other medications, so check with your doctor first.) 	Many studies have shown that acupuncture is effective at relieving seasonal allergies by "promoting immunity and reducing congestion, which helps the body to reestablish a healthy state," says Terry Courtney, dean of the School of Acupuncture and Oriental Medicine at Bastyr University. 
Intense Allergies	If other solutions aren't successful, it may be time to try an over-the-counter antihistamine such as loratadine (Claritin) or cetirizine (Zyrtec), or ask your doctor about prescription options such as fexofenadine (Allegra), mometasone furoate (Nasonex), montelukast (Singulair), and olopatadine (Patanol).	If you suffer from allergy-related asthma or mucous buildup, extract of butterbur, an herb shown in small studies to reduce mucous and inflammation, may work in combination with over-the-counter antihistamines. (If you try it, check with your doc, and make sure it's free of pyrrolized alkaloids [PA], which are potentially harmful toxins.)
Chronic Allergies	For symptoms that can't be relieved by pills or nasal sprays, you may want to consider allergy shots, a method of treatment called immunotherapy that works by slowly exposing your immune system to allergens, which over time can help your body build up a tolerance to them. 	Terrified of needles? Sublingual immunotherapy, a special formulation of allergens taken under the tongue to promote immunity, has been "widely successful in Europe and may work better than shots," says James Dillard, M.D., medical director at Columbia University's Center for Complementary and Alternative Medicine. The treatment is expected to be FDA approved in a few years.

photographs clockwise from bottom left: Claudia Uribe; Raymond Hom (2); Johnny Miller; Raymond Hom


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TALKING DIRTY

It's time to call a truce with germs.

BY RACHEL DOWD

IRENE CHANSAWANG washes her hands 20 times a day. She doesn't get manicures or pedicures because she thinks nail salons are too dirty. She wouldn't dream of getting into the shower at the gym without wearing flip-flops, and keeps antibacterial wipes in her desk drawer. "I wish it was a cultural norm in this country to wear those SARS masks when you're sick," says the self-professed germophobe. In fact, all of us are like petri dishes: If you looked at your skin under a microscope, you would see it teeming with bacteria. But some scientists are suggesting that instead of running for the hand sanitizer, we should be grateful for the bugs—some of them may be keeping us healthy.

The common wisdom is that the only good bug is a dead bug—and in an age of flus like H1N1, it's no surprise. Every subway pole, doorknob, or coughing coworker could be a source of life-threatening illness. Physicians say a little common sense is still the best strategy to ward off colds and flu. "Try to wash your hands with soap and water a couple of times a day—after handling food, after blowing your nose, or before eating," says Dalilah Restrepo, M.D., an infectious-disease specialist at St. Luke's–Roosevelt Hospital Center in New York City. But, she adds, "remember that bacteria challenges our immune system—it teaches it how to deal with germs." Continuous exposure to germs every day of your healthy life keeps you strong, agrees

photograph by Maria Robledo, prop styling by Quy Nguyen

immunologist Mary Ruebush, Ph.D., author of *Why Dirt Is Good*. "It keeps your immune cells, which are there to protect you, multiplying and reproducing."

Think of your immune system as an elegant army of highly trained killers. How will it stay in peak fighting form if it never sees the enemy? "The amazing thing about the human body is that it has an innate capacity to heal," says Evangeline Lausier, M.D., director of clinical services at Duke Integrative Medicine in Durham, North Carolina. "We have memory cells, which are a line of cells that can remember and reconstitute themselves." And if the memory cells never meet a bug, they're shunted into making immune responses to non-foreign tissues—autoimmune responses like allergies, asthma, and so forth. "It's a case of the idle mind being the devil's playground," she says.

"THINK OF YOUR IMMUNE SYSTEM AS AN ELEGANT ARMY OF HIGHLY TRAINED KILLERS. HOW WILL IT STAY IN PEAK FIGHTING FORM IF IT NEVER SEES THE ENEMY?"

THE BENEFIT OF BUGS

There are about 50 trillion cells in your body, and the vast majority of them are bacteria that live in the digestive tract. "We're walking bags of bacteria," Lausier says. And that's a good thing. Harmless flora in our gut produce K and B vitamins. Their sheer numbers block harmful bacteria from lodging in our intestines. *Staphylococcus aureus*, the bacterium known for antibiotic resistance (MRSA), innocuously coats our skin, and a variety of *Lactobaccillus* call the female reproductive organs home.

The beauty of antibiotics is their ability to kill bacteria that manage to gain a foothold among this crowd of do-good bugs. But antibiotics indiscriminately take out all bacteria—bad and beneficial. "The only bugs that survive are the ones that are resistant to the antibiotics," Lausier says. "And they can pass that resistance to other bacteria—even different strains—that weren't previously resistant." Suddenly you have a whole population of different bacteria resistant to current antibiotics, Ruebush explains, which can lead to real trouble if you need to wipe out a serious infection.

Of course, an antibiotic can be a wonderful thing. It's safe to say no one would choose to return to a time when a run-in with the wrong microbe meant dying from typhoid fever. But it's not a good idea to run to the doctor for antibiotics every time you get a cold, and the use of antibacterial products is getting out of hand. Bacteria that encounter small doses of antibacterial chemicals over time can become resistant not only to the cleaning agent—but to antibiotic drugs, too. "Triclosan, one of the leading chemicals found in these household cleansers, targets a similar part of the cell as the antibiotics used to treat tuberculosis," explains Stuart Levy, M.D., a professor of medicine and molecular biology and microbiology at Tufts University School of Medicine in Boston. Studies are still inconclusive on whether bacteria resistant to triclosan—found in a variety of products, from hand soap to toothpaste, laundry detergent, and acne medicine—are also resistant to antibiotics. The potential was enough, however, to inspire the Canadian Medical Association last year to call for a ban in Canada on all household products containing triclosan.

THE DIRT ON DIRT

When Ruebush talks about dirt, she means more than just compost and soil. "It's an absence of extraordinary cleanliness," she explains. Getting dirty means being exposed to the bacteria, viruses, fungi, and parasites we commonly call germs.

For microbiologists like John Stanford, Ph.D., now retired from the University College of London Medical School, dirt actually means dirt. For more than three decades, Stanford studied *Mycobacterium vaccae*, aka the "dirt vaccine," a bug ubiquitously found in soil. On a trip to Uganda in the 1970s, Stanford realized places that had rich stores of *M. vaccae* in the soil and water had



CLEAN ENOUGH

No one wants to get salmonella from a cutting board, says Evangeline Lausier, M.D., from Duke. "But you don't have to nuke it. Get a little less paranoid." Here, a common-sense cleaning guide.

1 SKIP antibacterial hand soaps with triclosan, says Elizabeth Scott, Ph.D., codirector of the Center for Hygiene and Health at Simmons College in Boston and an adviser to the International Scientific Forum on Home Hygiene. Studies have shown they're no more effective than soap and water and may boost antibiotic resistance in some bacteria.

2 RUB YOUR HANDS under running water for 20 seconds; the water flow and friction wash off germs. Don't worry about temperature—sterilization happens at temperatures too hot for your skin to handle. ▸▸

photograph by Raymond Hom, styling by Nicolette Berthelot and Craig Irwin

the fewest children with tuberculosis and leprosy. His theory? *M. vaccae* and the dangerous microorganisms that cause TB and leprosy contain similar proteins; exposure to the good bug teaches the body how to fight off the dangerous one.

You don't need to dig in African soil to get a dose of *M. vaccae*. Christopher Lowry, Ph.D., a neuroendocrinologist at the University of Colorado at Boulder who is studying the health benefits of the bacterium, says you're probably encountering it every day. It's in the dust you breathe, municipal water supplies, and soil. "*M. vaccae* is part of a class of bacteria we call Old Friends," Lowry explains. His research in 2007 found that injecting one-tenth of a milligram of *M. vaccae* into the lungs of mice (to mimic what happens when we inhale bacteria) stimulated the release of serotonin in the brain, in amounts comparable to those spurred by antidepressants, which means dirt can even boost your mood. But studies are still looking at the effectiveness of the bug. Lowry's next project? Seeing whether giving mice *M. Vaccae* orally has the same effect. "We've co-evolved with these organisms throughout human evolution," he says. "They're in the environment all around us. And because they don't cause disease, our immune system has learned to tolerate them. If our immune system tried to attack them, and get rid of them, it would cause real damage."

All of this is an argument for letting your kids get in the dirt—childhood is when the immune system is still learning the ropes germwise. "Studies have looked at kids living on farms versus kids living in urban areas, and there's a big difference in the rate of asthma and dermatitis," says Levy, author of *The Antibiotic Paradox*. "The theory is that on a farm you're getting contact with lots of different microbes, and that builds a strong immune system."

A BETTER BATTLE PLAN

Instead of worrying about bacteria, Lausier says, "we ought to be thinking about how to strengthen our own defenses, which might be lying there dormant." Stay fortified by reducing stress, exercising, and cutting back on meat raised on antibiotics. Eat more anti-inflammatory foods like fish, which contain immune-boosting omega-3 fatty acids. A strong immune system is what you really need to defend yourself against a virus like H1N1, Lausier says, "but if you get a cold or flu, control the symptoms rather than sterilize the field."

Ruebush couldn't agree more. "Your environment is a place that has lots of other creatures living in it," she says. "You really don't want to be killing things. You just want to keep them down to a dull roar." +

3 CAN'T GET TO A SINK? Lausier says alcohol-based hand sanitizers are an acceptable backup.

4 SKIP THE TRICLOSAN CLEANSERS, TOO, Levy says. Not only should you avoid this chemical, but we often don't leave the cleansers on long enough for them to be effective anyway. If you just spray and wipe, that's about the same as using soap and water.

5 DON'T OBSESSIVELY DISINFECT the whole house, Scott says. "Identify places where infections spread, such as the surfaces hands touch—like faucets and light switches—and also food tools like cutting boards and cleaning aids like cloths and sponges." Clean those with hot soapy water. Also wash sponges frequently, and toss them when they become discolored.

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whole beauty



THE BIG REVEAL

April is the cruelest month—for skin. Fluctuations in temperature and humidity result in breakouts and irritation that a mask can help soothe, restoring your skin to its natural balance. ▶▶

photograph by Raymond Hom, styling by Julie Ho



COMING CLEAN

"Seasonal changes can wreak havoc on your face," says David Goldberg, M.D., clinical professor of dermatology at Mount Sinai School of Medicine in New York City. Skin-balancing face masks can quell those afflictions, calming acne or soothing dry patches or irritation. Apply once a week to coax out newer skin cells lurking beneath. —Jessica Lothstein

BUY

Our favorite masks for every spring-time skin issue.



TO MOISTURIZE DRY SKIN **Amala Rejuvenate Rejuvenating Collagen Mask** has organic Peruvian cocoa bean to hydrate. $72; *amalabeauty.com*

TO BANISH BREAKOUTS **The Body Shop Tea Tree Face Mask** has antibacterial oils. $15; *thebodyshop-usa.com*

TO TIGHTEN OILY SKIN **Larénim Dusk til Dawn Facial Masque** is a purifying clay-based treatment. $18; *larenim.com*

TO CALM SENSITIVE SKIN **Mario Badescu Normalizing Mask with Cotton Milk** restores moisture. $25, *mariobadescu.com*

TO BALANCE COMBINATION SKIN **Lisa Hoffman Spa Facial Hydrating Mask** soothes. $45; *lisahoffmanskincare.com*



DIY

This soothing mask for all skin types comes from Barbara Close of Naturopathica.

BALANCING YOGURT MASK

Ingredients

- *1 egg white*
- *1 tsp. steeped green tea*
- *½ Tbsp. plain organic yogurt*
- *2 Tbsp. oatmeal, finely ground*
- *½ tsp. honey*

Preparation

Whip egg white until foamy. In a bowl, mix 1 tsp. of green tea and 2 Tbsp. oatmeal. Combine with egg white, yogurt, and oatmeal; mix in honey. Apply to clean skin and leave on for 8 to 10 minutes, then rinse.

B+S ONLINE For more DIY mask recipes, go to **wholeliving.com/facemasks**

TEST DRIVE

DRY SHAMPOO

Dry shampooing is a godsend on rushed mornings when there's no time for a lather. To get it right, don't dump the product right onto the scalp—use a spray instead, or sprinkle a quarter of a teaspoon in your palm, rub your hands together, and work it into your roots.



OSCAR BLANDI PRONTO DRY SHAMPOO "This smells great—like lemon verbena," says senior art director Nicolette. $19; *oscarblandi.com*



OJON RUB-OUT DRY CLEANSER "My hair felt light and clean, not fake-clean, with little residue," says Alex, our editor-in-chief. $24; *ojon.com*



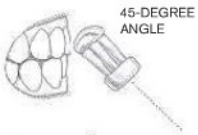
KLORANE GENTLE SHAMPOO POWDER "It's pleasantly scent-free, and the nozzle is idiot-proof," says executive editor Amy. $18; *sephora.com*

photographs, this page, by Raymond Hom; prop styling by Julie Ho; opposite page clockwise from top right: John Dolan, hair and makeup by Dale Johnson; Raymond Hom (4); Harry Bates (2 illustrations)

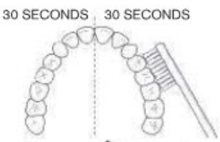
BASIC SKILLS

BETTER TOOTH-BRUSHING

Oral hygiene advice boils down to: brush for two minutes, twice a day. But are you doing it correctly? Here's how to brush up on your skills.



Angle it. Hold the brush at a 45-degree angle, best for getting into the bacteria-filled space where the tooth meets the gum line. Brush using small, circular motions.

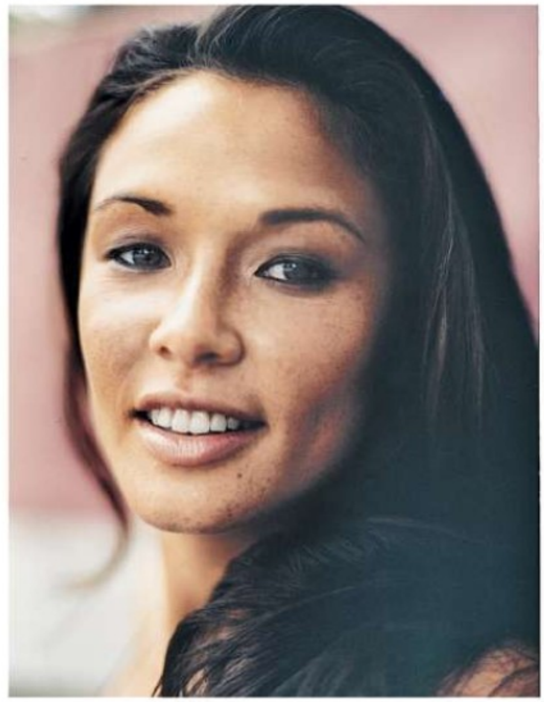


Get every nook. Think about your mouth in four quadrants: upper left, upper right, bottom left, bottom right. Spend 30 seconds on each part. Don't forget about under your tongue, where tartar collects, and brush on the bottom inside of your teeth, toward the front of the mouth and back near the molars.

GOOD HAIR DAY

HAZARD-FREE HUES

Dyeing your hair at home always seems like a great idea at first: "Why waste $150 at the salon when I can do it myself?" But once you're trapped in the bathroom taking in lungfuls of fumes, you wonder whether the savings are really worth it. "The strong odor present in most hair dyes is from ammonia," says Julie Ebner, owner of Juju Salon & Organics in Philadelphia. "It's not just a bad smell, it's also a harsh drying agent that's hard on your scalp and hair." Luckily, there's a new breed of DIY hair-coloring kits that won't require you to duck out for a breathing break. They take only 10 minutes to apply, wash out in just a few weeks, and are completely ammonia-free. They also come in subtler shades than traditional at-home dyes, so they're better for boosting natural color and covering those first grays. —J.L.



DO TRY THESE AT HOME



L'Oréal Paris Healthy Look Crème Gloss Color has royal jelly that moisturizes and prevents breakage. $10, *cvs.com*



Clairol Natural Instincts Rich Color Crème uses minimal peroxide and contains antioxidants. $9, *drugstore.com*



Garnier HerbaShine Color Creme with Bamboo Extract strengthens hair and smells clean. $8, *walmart.com*



HOT INGREDIENT

SWEET ORANGE

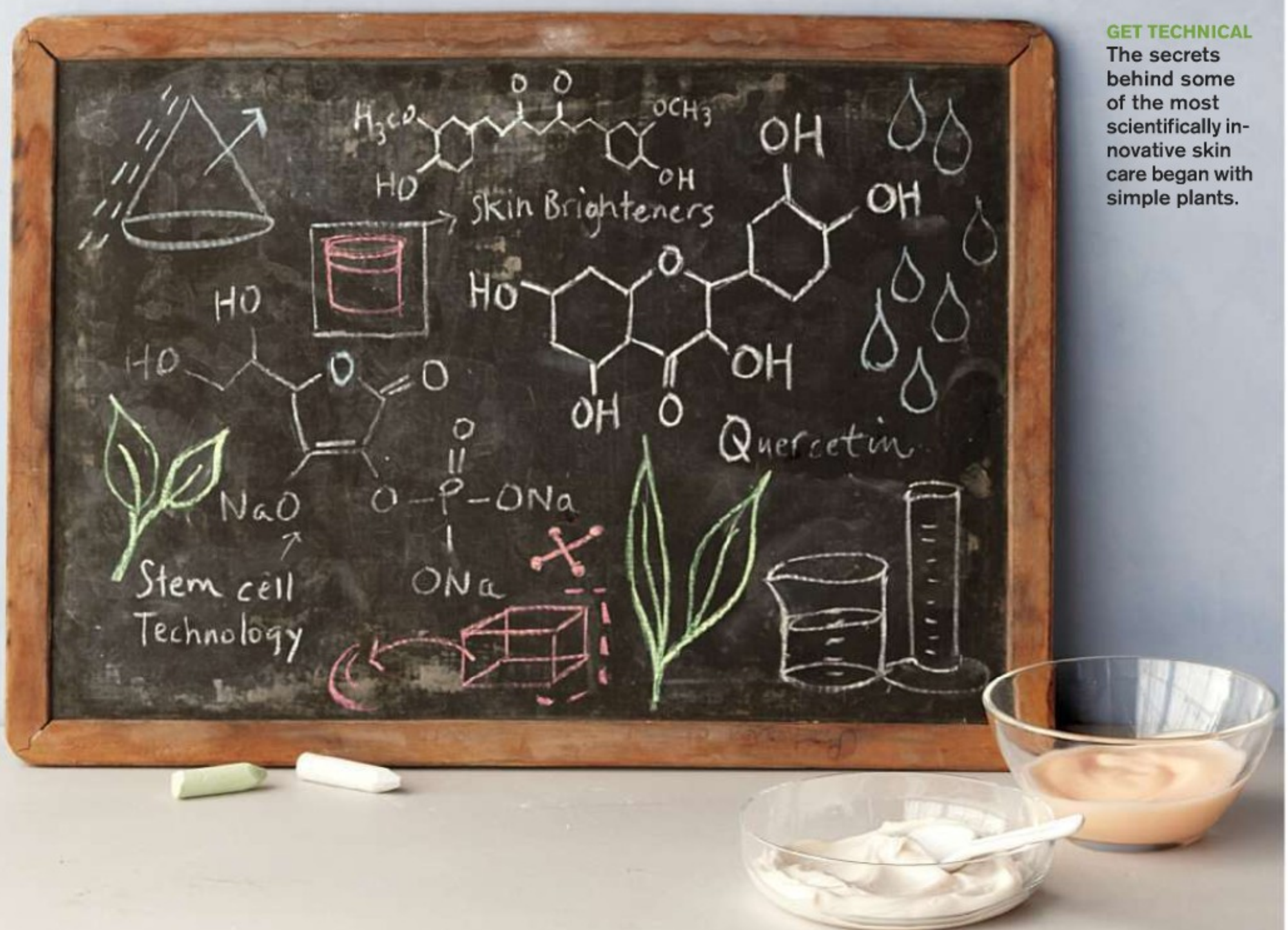
Every time you peel an orange, you get an instantly uplifting spray from the rind. The fruit's essential oil is skin-friendly and loaded with vitamin C (an antioxidant) and vitamin B5 (a penetrating moisturizer).

(From left) **Thymes Ambersweet Orange Body Lotion** $24; *thymes.com*

CleanWell All-Natural Hand Sanitizer in Orange Vanilla $3; *cleanwelltoday.com*

Tresemmé Naturals Lightweight Mousse $4.50; *tresemme.com*

Sweet Grass Farm Rose Orange Cinnamon Soap $4; *sweet grassonline.com*



GET TECHNICAL The secrets behind some of the most scientifically innovative skin care began with simple plants.

SUPER NATURALS

The latest botanical skin care is anything but garden-variety.

BY MARY ROSE ALMASI

THOSE WHO'VE WONDERED whether botanicals really offer the same sock-it-to-me benefits as all those unpronounceable anti-aging ingredients will be gobsmacked by the newest skinnovations. Using high-tech methods such as bioassay, ultrasound, and gas chromatography to separate plant molecules, scientists are able to analyze thousands of compounds and pare them down to key components that can boost firmness or radiance.

Researchers discovered these potent ingredients by doing what any botanist would: observing plants in their natural state. Clinique looked at how a mushroom produces pigment and turns it off as it ages; the results are in its Even Better Clinical Dark Spot Corrector. When Aveda examined cactus extract, it found enzymes that help prevent collagen loss—ingredients now in the brand's Green Science line. The hunt for cutting-edge naturals doesn't stop with living things. This spring, Aveeno is introducing a treatment with valent minerals. "They've bound copper and zinc so they create an electric charge that triggers collagen and elastin production," explains Leslie Baumann, M.D., a dermatologist in Miami Beach, Florida.

Take a look at the innovators and get ready to experiment.

photographs by Raymond Hom; styling by Julie Ho



1

GROWTH FACTORS

As we age, our skin's repair systems become less robust, which is why skin gets drier and lines and wrinkles more apparent. Growth factors, proteins found naturally in human and plant cells, are believed to stimulate cell turnover and reboot aging stem cells so they work better for longer. (The number of natural stem cells in skin decreases with age.) "This is technology that stimulates the body's own repair mechanisms," says Mary P. Lupo, M.D., professor of dermatology at Tulane University School of Medicine in New Orleans. Start using one in your thirties or forties, she suggests, when your skin is still chock-full of functioning cells. "A cell is like a car battery," Lupo says. "You can only recharge it if there's still some power left."

Dr. Brandt Pores No More Anti-Aging Mattifying Lotion has growth factors from apple stem cells and retinol, $60; *sephora.com* **Lumene Excellent Future Deep Repairing Night Cream** offers apple stem cell extract and antioxidants, $30; *cvs.com* **Chanel Sublimage Essential Regenerating Fluid** contains polyketones, a growth factor from the *Vanilla planifolia* plant, $295; *chanel.com*

2

ANTI-AGING COCKTAILS

Multipurpose treatments are ideal one-stop shopping for anyone whose skin has seen too much of, well, everything: sun, air pollution (including tobacco smoke), stress. "They're a good choice for a busy woman who only wants to use one product," Lupo says. Formulas typically offer collagen helpers like peptides, a medley of protective antioxidants, brighteners such as vitamin C, and lipids like nut- or seed-oil extracts to fortify skin's natural barrier function: holding water in and keeping irritants out. Mixes are even more effective now that scientists have a greater understanding of how botanicals work and have developed lab techniques that reveal whether natural ingredients short-circuit each other's active functions.

Aveeno Ageless Vitality Elasticity Recharging System Day Moisturizer SPF 30 is a two-step product that uses minerals, $40; *drugstore.com* **Korres Quercetin & Oak Antiwrinkle Night Cream** has an extract from oak tree bark that helps stimulate collagen, $52; *korresusa.com* **Clarins Multi-Active Skin Renewal Serum** contains antioxidants, collagen boosters, and lipids, $62; *clarins.com*

3

MEGA-ANTIOXIDANTS

Antioxidants protect skin cells from damaging sunlight, smog, tobacco smoke, and stress. The primary targets of antioxidants vary (some are better against smoke rather than ultraviolet rays, for instance), so having several types ensures you're well protected. Many antioxidants, however, are multitaskers—like white tea, a key ingredient for Origins. It's been shown in company testing to prevent glycation (cell damage caused by excess sugar), and its phenolic compounds inhibit enzymes that break down collagen and elastin. It's ideal to start applying antioxidants in your twenties. "It's a preventive measure that keeps cells healthy," says dermatologist Leslie Baumann.

Origins A Perfect World SPF 25 Age Defense Moisturizer with White Tea includes antioxidants such as maritime pine bark, $39; *origins.com* **Kiehl's Açaí Damage Repairing Serum** has acai, one of the most potent natural antioxidants, $48; *kiehls.com* **Aveda Green Science Lifting Serum** includes milk thistle, a powerful antioxidant, and cactus, which inhibits collagen-eroding enzymes, $50; *aveda.com*

4

SKIN BRIGHTENERS

Licorice extract and kojic acid have long been used in natural treatments for brown spots or blotches; they block an enzyme that triggers excess melanin production in skin. Modern formulas have more effective, highly concentrated extracts, combined with ingredients that break up and sweep away lingering melanin for faster results (usually within two to four weeks). They also reduce inflammation, which could trigger recurrence.

Clinique Even Better Clinical Dark Spot Corrector is a serum with mushroom extract to reduce excess melanin and vitamin C to lighten. Other botanicals turn off faulty pigment cells and exfoliate skin, $50; *clinique.com* **Shiseido White Lucent Intensive Spot Targeting Serum** includes vitamin C and extract of yomogi (a plant from Japan) to fight hyperpigmentation, plus hydrating ingredients, including apricot extract, $125; *sephora.com* **St. Ives Naturally Clear Green Tea Scrub** was engineered with green tea, an anti-inflammatory, to prevent redness and irritation, along with silica beads to buff away dull skin and olive leaf extract for a little glow, $6; *drugstore.com*

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UP IN THE AIR

Sometimes a little shift in perspective is all you need to build confidence—and to see yourself in a whole new way.

BY LINDA LOWENTHAL

IN MY CROWD, I've always been the one with an intolerance for risk, whether it was drugs, bad boys, or the stock market. I'm a Virgo through and through: introverted, meticulous, concrete. When designer gyms and spandex became the thing in the '80s, I turned to yoga—back when you practiced on a towel in your sweats in a tiny studio with an Indian name. Yoga was my respite and release—the breathwork grounded me, and the repetitive poses took me out of my head and into my body.

Then, at 39, I found myself ousted from the publishing job I loved, a victim of corporate restructuring after years of loyalty. So much for playing it safe. Now I needed yoga more than ever, and suddenly there were options: studios with polished floors, hip music, and celeb yoga students with glowing skin and tight butts.

In one of these studios, I found myself sneaking looks at the women in the front row, the ones who effortlessly pulled themselves into handstands, not even needing the wall. Their arms were ropy,

photographs by Johnny Miller, wardrobe styling by Manuel Norena, prop styling by Michelle Wong; model: Lucienne Vidah/studiospine.com

one moment can change a day

one day can change a life

one life can change the world



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WHEN I FIRST ATTEMPTED A HANDSTAND AT HOME, I LEAPED OFF MY FEET, TWISTED TO THE SIDE, THEN CRASHED BACK DOWN TO THE FLOOR.

their bodies firm and lithe. More remarkable, many of them looked to be over 40.

I felt an unfamiliar stirring: Could *I* actually do a handstand? Holding a headstand was no problem: I was still earthbound. But a handstand seemed to involve a dizzying flight above ground and arm strength that rebuked my spindly limbs.

I started with simple push-ups each morning—initially unable to do one, I progressed to five, then 10, 20. I added forearm Planks, moving through Chaturanga 10 times. I started to see tone in my arms, and my core grew tighter, too.

When I first attempted a handstand at home, I leaped off my feet, twisted to the side, then crashed back down to the floor. But I could feel the possibility of flying, and my arms had held me… until they hadn't. When I felt ready to try a handstand in class, I asked the teacher for help. I failed as I had at home before, but she caught my legs and guided them to the wall.

Practicing at home, I was soon meeting the wall each time. Curiously, I also began to take leaps in other ways—trying sushi, drinking scotch instead of my chaste Chardonnay. I don't think it's a coincidence that during this time I turned down a juicy offer at a big publisher to join a small literary agency where I could work independently and reap my own rewards.

Then shortly after my 40th birthday, during my morning handstand practice, I tightened my core, tucked my pelvis, and stretched my hips, thighs, and heels higher than usual. As my feet left the security of the wall, I felt a current running from floor to toes, holding me high. For the first time in my life, I realized, I was standing on my own two hands.

HOW TO WORK YOUR WAY UP TO AN INVERSION



FORWARD BEND
Hanging forward a little bit every day can help you adjust to the sensation of having your head below your heart. Simply fold over, cradling an elbow in each hand, relax your neck and shoulders, and take a few deep breaths.



WALL PREP
To get the sensation of supporting weight on your hands, stand three feet from a wall, fold at the hips, and press your palms against the wall. Reach your sitting bones away from you, engage your thighs, and lengthen your spine.



PLANK AND CHATURANGA
To create shoulder and core strength and stability, start at the top of a push-up. With elbows by your sides, engage your core and lower yourself into Chaturanga, holding a few inches above ground for several breaths.



HALF HANDSTAND
When you're ready, practice kicking up into a supported handstand, one leg at a time. Facing the wall, bend over and place your hands a few inches from the wall. Kick one leg up and rest it against the wall, hold, and repeat with the other leg.


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WHAT DO I DO WITH AN ...

ARTICHOKE?

Packed with vitamins, fiber, and folate, these spring veggies aren't as prickly to prepare as they seem.

BY AMANDA GOLD
RECIPES BY CHARLYNE MATTOX

photographs by Johnny Miller, food styling by Charlyne Mattox, prop styling by Tanya Graff

SERVE IT RAW



SHAVED ARTICHOKE SALAD WITH PARSLEY AND PARMESAN

SERVES 4 (V)

For this fresh and nutty springtime salad, we sliced the artichoke hearts with a mandolin. (See below for instructions on removing the hearts; as you work, transfer hearts to a large bowl of water with juice of one lemon to prevent discoloration.) You can also slice thinly with a sharp knife; use a vegetable peeler to shave the Parmesan.

2 artichoke hearts
2½ tsp. lemon juice
½ oz. Parmesan cheese, shaved
2 Tbsp. extra-virgin olive oil
Kosher salt and ground black pepper
¼ c. toasted hazelnuts or raw whole almonds, coarsely chopped
3 Tbsp. parsley leaves, torn if large

1. Halve each artichoke heart lengthwise.
2. Thinly slice the hearts, tossing with 1½ tsp. lemon juice as you slice (to avoid discoloration).
3. Arrange on a platter, top with Parmesan, and drizzle with olive oil and remaining lemon juice. Season with ½ tsp. salt and ¼ tsp. pepper to taste.
4. Sprinkle nuts and parsley over the top, and serve immediately.

Nutritional info per serving: 124 calories; 12 g fat.

THE HEART OF THE MATTER

How to trim an artichoke for our raw and braised preparations



1 Cut off top of artichoke. Pluck small leaves from bottom.



2 With a paring knife, remove all leaves from artichoke.



3 Trim outside of stem down to light green.



4 Using a melon baller, remove the choke.

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All-Natural Sinus Buster® Clinically proven to start relieving sinus congestion, pain and pressure in under one minute. Non-habit forming Sinus Buster®. You've got to feel it to believe it! For more information, visit **sinusbuster.com.**



life'sDHA™ comes from a sustainable, vegetarian source; not from fish. Enjoy the health benefits of DHA Omega-3 without ocean-borne contaminants. Look for the *life'sDHA™* logo on your favorite foods. **lifesdha.com.**

Wellness—Natural Food for Pets Wellness believes that food is the first step to a happy and healthy life—after all, your dog or cat is more than just a pet; he's a part of the family. Learn more at **wellnesspetfood.com.**



BAKED ARTICHOKES WITH BREAD CRUMBS

SERVES 4 (V)

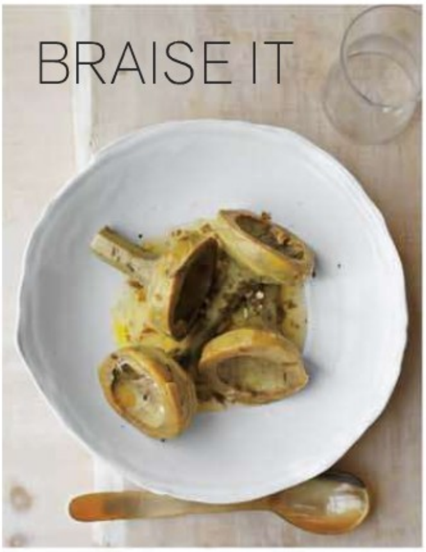
- **1 c. fresh bread crumbs, toasted**
- **1 Tbsp. extra-virgin olive oil**
- **1 Tbsp. chives, cut into ½-inch lengths**
- **½ tsp. minced lemon zest**
- **1 clove garlic, minced**
- **½ c. grated Gruyère cheese**
- **Kosher salt and ground black pepper**
- **2 artichokes, trimmed, with top ¼ cut off**

1. Preheat oven to 400°.
2. Combine bread crumbs, oil, chives, lemon zest, garlic, and cheese. Season with ½ tsp. salt and ¼ tsp. pepper.
3. Cut off the top quarter of the artichokes lengthwise, and remove the chokes.
4. Season artichokes with ½ tsp. salt. Divide the bread mixture among the four artichoke halves, packing it into the cavities.
5. Place artichokes in a pan just large enough to hold them. Add about ½ inch of water, and cover tightly with foil.
6. Bake until the artichokes are tender and the bread crumbs are golden brown, about an hour.

Nutritional info per serving: 119 calories; 8 g fat.

COOKING TIP
You may end up with a little water in the bottom of the pan at the end of cooking—that's OK. Simply use a pair of tongs or slotted spoon to lift the artichokes out and tip forward slightly to release any water.

(V) **vegetarian** no meat products
(V) **vegan** no animal derivatives
(S) **special diet** no dairy, wheat, soy, fish, shellfish, eggs, peanuts, or tree nuts



ARTICHOKES ROMAN STYLE

SERVES 4 (V)

Traditional Roman-style artichokes use wild mint native to Italy, but yours will be just as tasty with the store-bought variety.

¼ c. plus 2 Tbsp. parsley, chopped
¼ c. plus 2 Tbsp. mint, chopped
2 cloves garlic, minced
¼ c. plus 1 Tbsp. extra-virgin olive oil
Kosher salt and ground black pepper
4 artichoke hearts

1. In a bowl, combine ¼ cup parsley, ¼ cup mint, garlic, and 1 Tbsp. olive oil. Season with ½ tsp. salt and ¼ tsp. pepper.
2. Rub artichoke hearts inside and out with herb mixture. Place them stem-side up in a medium pot. Add remaining ¼ cup olive oil and enough water to come halfway up the sides of the artichoke hearts.
3. Place pot on the stove over high heat and bring to a boil. Reduce heat to low, cover pot, and simmer until artichokes are tender, about 20 minutes. Remove from heat and add remaining herbs. Cool completely in the cooking liquid.
4. Divide artichoke hearts onto four plates, and serve at room temperature with some of the liquid spooned over the top.

Nutritional info per serving: 158 calories; 17g fat.

ALL NUTRITIONAL INFO IS APPROXIMATE.

WHOLE LIVING ONLINE For 10 more ways to cook with artichokes, and more step-by-step images, visit **wholeliving.com/artichokes-recipes**

Going Granola

For the best you've ever tasted, think outside the box. This do-it-yourself mix can be customized with whatever nuts, seeds, and dried fruit sound good to you. (We've included some of our favorite combinations.)

RECIPES BY CHARLYNE MATTOX



GRANOLA BASE

- **6 c. old-fashioned oats**
- **1¼ c. nuts, such as almonds, pistachios, walnuts, etc., coarsely chopped**
- **¼ c. seeds, such as sunflower, pepitas, etc.**
- **⅓ c. flaxseed meal, wheat germ, or a mixture of the two**
- **¾ tsp. ground cinnamon**
- **3 large egg whites**
- **¾ tsp. kosher salt**
- **¾ c. sweetener, such as honey, agave syrup, or molasses**
- **⅓ c. extra-virgin olive oil**
- **1 c. dried fruit, such as sour cherries, cranberries, currants, raisins, apricots, figs, or pineapple, coarsely chopped**

1. Preheat oven to 350°F.
2. Combine the oats, nuts, seeds, flax and/or wheat germ, and cinnamon in a large bowl. In another bowl, whisk the egg whites and the salt until frothy. Whisk in the sweetener and the olive oil. Add wet ingredients to dry ingredients, and stir until the oats are evenly coated.
3. Transfer mixture to two rimmed baking sheets and spread flat.
4. Bake for 20 minutes, then gently flip with a spatula, moving granola from the outer edges to the center of the sheet. Continue to cook until golden, about 10 minutes more. (If the granola starts to brown too much at the edges, gently stir those parts into the middle.)
5. Cool completely on pan, then transfer to a bowl and gently stir in the dried fruit.

*Nutritional info per serving: 190 calories; 8 g fat**

*ALL NUTRITIONAL INFO IS APPROXIMATE.

photographs by Johnny Miller, prop styling by Tanya Graff

A LITTLE FRUITY, A LITTLE NUTTY

Three delicious blends, each with its own winning texture and taste, to get you started.

SWEET + TART

Use pistachios and sunflower seeds in the base. After baking, stir in dried cherries and ½ cup unsweetened coconut.



CRUNCHY

Use sliced almonds and pepitas in the base. Stir in ½ cup crispy rice cereal and dried currants after baking.



TROPICAL

Use macadamia nuts in the base and ¾ teaspoon dried ginger. Add molasses as the sweetener. After baking, stir in ¾ cup pineapple, ¼ cup ginger, and ½ cup coconut.



TIPS + VARIATIONS

Chunky If you prefer a loose granola, simply stir instead of flipping during cooking.

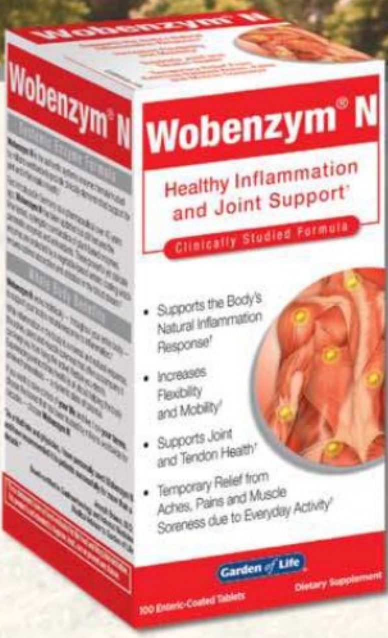
Vegan Leave out the egg whites. The granola won't be quite as crunchy, but it will still be very tasty.

Freeze It Finished batches can be frozen in an airtight container for up to three months.

ADVERTISEMENT

29 Million People Know This SECRET

It's a brand new, 40-year-old answer for temporary relief from aches, pains and muscle soreness caused by life's little everyday activities†



No matter what your age is, your body likes to argue with you. A 37-year old mother of two young children feels it at the end of a long day. A 22-year-old workout warrior feels it after a sweat-inducing body-pump class. A 68-year-old retired teacher taking a daily stroll along the beach feels it.

We tend to think of the muscle soreness and bodily fatigue as commonplace events that are somehow normal. Since the pain is minor, we begin to accept it. Little thought is given to what our bodies are actually telling us. When life's daily routine prompts us to say, "I'm sore" or "That hurts," the most common response is to do nothing, to suck it up and just deal with the everyday aches, pains and muscle soreness.

What is needed—and what many people are asking for—is a natural-based alternative for the temporary relief of the common aches, pains and muscle soreness that are a daily part of life.†

Now for the shocking part. What if we told you that there's a way to get temporary relief from your everyday aches and pains?† Furthermore, what if we told you that this resource has been around for 40 years, has been clinically studied on thousands of people, and that millions have used it safely with great results?†

Intrigued? Then read further to learn the story behind an exciting supplement known as Wobenzym N.

> "While many automatically think of inflammation as a bad thing, that's not necessarily true."

SURPRISE!
Some Inflammation Is Normal

Whenever the muscles are overworked—or the joints ache from excessive activity—the body mounts an energetic defense, sending cells and natural chemicals to support the body tissues. Without inflammation, exercise-related muscle aches would never feel better, which explains why inflammation is a normal—even healthy—process. It is just what your body does . . . naturally.

So where do the everyday activity-related aches and pains, the lack of flexibility and mobility, and the exercise-related muscle soreness come from?

One answer is that our bodies can do only so much on their own. We know that normal inflammation response is one of the millions of metabolic processes that go on every second of every day. We also know that the more strain we put on muscles and joints, the harder our bodies have to work to bounce back. The result can be minor aches and pains, along with less-than-optimal mobility or flexibility common to many of us.

In order to fully comprehend healthy inflammation, it helps to understand the relationship between enzymes and human health. To state things in a nutshell, enzymes are life. Almost every metabolic process in the body

is governed by enzymes. They are the catalyst for every chemical reaction in the body. Where inflammation is concerned, enzymes are the starting point of the body's normal inflammation response.

As we age, or due to diet and lifestyle, our bodies' ability to produce the enzymes necessary for everyday function decreases. Logically, as enzyme production decreases, our bodies find it harder to adequately perform all of the metabolic processes necessary.

An easy way to think of it is like this. Your body has a finite ability to produce the enzymes necessary to perform all its functions—a pool of enzymes, if you will. If, for any reason, your body slows down the production of those enzymes—if your enzyme pool is decreased—then some processes in the body will suffer. One of those processes is, of course, the normal inflammation response.

> "Our bodies can only do so much on their own, the more strain we put on our muscles and joints, the harder our bodies have to work to bounce back."

The *Far-Reaching* Benefits of Wobenzym® N†

Wobenzym® N is a unique blend of systemic enzymes that provides temporary relief from aches, pain and muscle soreness due to everyday activity, supports the body's natural inflammation response, and leads to increased flexibility and mobility and supports overall joint and tendon health as well.†

Enzymes are fascinating essential biological catalysts that are involved in almost every single process in the body. It's difficult to fathom how important they are, but consider this: thousands of enzymes initiate millions of chemical reactions every second in the human body. It is easy to see why supplementing with systemic enzymes can have far-reaching benefits to the human body.†

The systemic enzymes used in Wobenzym N were not chosen by accident. Instead, they were selected based upon years of successful use, clinical studies and scientific validation. The enzyme blend in Wobenzym N contains the following enzymes: pancreatin, papain, bromelain, trypsin, and chymotrypsin. Each one of these is a protease, which simply means that they break down proteins.†

The process by which they support the body's natural inflammation response is more complex, however.† What is important to remember is that when it comes to inflammation, you want a balanced response.† There are certain proteins in the body that stimulate and others that repress inflammation. Under normal circumstances, your body balances the two. The systemic enzymes in Wobenzym N support that balancing process, assisting normal inflammation response.† That, in turn, leads to temporary relief from everyday activity-related aches and pains, a benefit that is sought after by millions of people every day.†

Of course, making sure that the enzymes get where they need to go is just as important. Enzymes are notoriously fragile, and if you can't protect them before they can be used by the body, they lose their value quickly. That is why Wobenzym N tablets are enteric coated to ensure that the enzymes are protected and are not broken down in the stomach. This allows the enzymes to reach the small intestine, where absorption occurs and the enzymes start to be accessed by the body.

Research Backs Up Wobenzym® N

Wobenzym N has been validated by clinical studies and use by millions upon millions of ecstatic consumers worldwide over the last four decades.†

The exact formulation found in Wobenzym N has been featured in six human clinical studies with 2,489 patients studied. That is a staggering number for a product in the Natural Products Industry, especially for an enzyme formula. When you read that Wobenzym N provides temporary relief from everyday aches, pains and muscle soreness due to everyday activity, increased flexibility and mobility, and promotes a normal inflammation response and supports joint and tendon health, you know that these results have been clinically studied.† While the science that led to the creation of Wobenzym N was sound theory, the theory has been backed up by the scope and breadth of the clinical studies done on the Wobenzym N formulation.

As if that isn't enough, consider this. Ever since Wobenzym N became available in Germany—and throughout Europe—back in the 1960s, over 29 million people have taken the product. Wobenzym N is among the most successful natural supplements ever released on the European continent.

Millions of ordinary people seeking temporary relief from everyday aches, pains and muscle soreness due to everyday activity, increased flexibility and mobility, and support for normal inflammation response as well as joint and tendon health have found an answer in Wobenzym N.†

29 million people know this secret...now, thanks to Garden of Life's Wobenzym N, you can too.



Available at premium health retailers nationwide
www.GardenofLife.com/wobenzym



EVERYTHING IS ILLUMINATED

Eco-friendly lighting has come a long way from ugly coiled bulbs and ghoulish colors. These lamp-and-bulb pairings get our glowing recommendations.

BY CHRISTINE RICHMOND

A WELL-PLACED LAMP CAN transform a room from flat space to Vermeer painting. And you don't have to forgo this beauty in the name of environmentalism: Compact fluorescent lightbulbs (CFLs) and lamps with preinstalled light-emitting diodes (LEDs) are improving every day. For help getting our shine on, we called Joseph A. Rey-Barreau, lighting designer for the American Lighting Association. With his placement tips and these gorgeous table, floor, and pendant lamps, you're guaranteed to show your home in its best light.

MOST DRAMATIC
VIVATERRA RECYCLED FRENCH BOTTLE LAMP
($439; *vivaterra.com*)
Bulb pairing: 23-watt Philips Energy Saver Mini Twister soft white CFL

photographs by Raymond Hom, prop styling by Julie Ho

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TABLE LAMPS

Whether the goal is to brighten a dark corner or provide reading light, "you can never have too many table lamps in a room," Rey-Barreau says. A classic tapered shade is best for reading. "It will throw the light vertically and thus onto your page," he says. If you'll be doing more intense work, use a task lamp with an adjustable arm and focused light, and reduce eyestrain by choosing an LED lamp or a cool-colored CFL (often marked "bright white" or "daylight"). For general lighting, a warm CFL (also labeled "soft white") comes closest to the glow of an incandescent bulb.

PLACING THE LAMP
The bottom of a shade should be at eye level, to prevent glare. Arrange task lamps so the bulb is about 15 inches above the work surface.

MOST EXTENDABLE
1 **LIGHTS UP! CANCAN ADJUSTABLE TABLE LAMP** ($124; *designpublic.com*)
Bulb pairing: 13-watt Philips Energy Saver Mini Twister soft white CFL

BEST FOR HEIGHT
2 **ROOST MANDARA LAMP** ($250; *velocityartanddesign.com*)
Bulb pairing: 13-watt Philips Energy Saver Mini Twister soft white CFL

MOST UTILITARIAN
3 **CB2 CRANE DESK LAMP** ($100; *cb2.com*)
Bulb pairing: comes preinstalled with three 1-watt LEDs

SOFTEST GLOW
4 **FUZ CURLY LAMP** ($35 or $45; *fuzfarm.com*)
Bulb pairing: 23-watt Philips Energy Saver Mini Twister soft white CFL

+ CFL 101

HOW THEY'RE DIFFERENT FROM LEDs
LEDs are mercury-free and last 10 times longer than CFLs. But LED technology is newer, so the glow LEDs cast is colder, and the bulbs aren't as affordable or widely available.

HOW TO PICK THE WATTAGE
CFLs use less energy than incandescents, so the wattage will be lower for the same amount of light. The packaging usually indicates the incandescent equivalent; you can also divide a lamp's recommended wattage by four.

HOW TO DISPOSE
A CFL should last seven years, but it will need to be recycled when it burns out, because it contains mercury. For local laws and drop-off locations, visit lamprecycle.org. (Some big-box stores, such as Home Depot and IKEA, will take them.)

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For All Ages



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Nutrition Now® brings you the good stuff from nature in delicious gummy vitamins specially formulated for kids and now adults. These tasty gummy vitamins are made with natural colors and flavors and provide you and your family key nutrients the body may need every day.



Look for *Rhino's fresh new look* at Fine Health Food Stores nationwide.
nutritionnow.com

Best Taste is awarded to the brand rated highest overall among leading brands by independent professional chefs.

PENDANT LAMPS

Hanging lights produce soft illumination and add a wow factor. If the pendant has an open bottom, use a covered-globe CFL to reduce glare.

BEST BARGAIN
1 IKEA KNAPPA ($30; *ikea.com/us*)
Bulb pairing: 9-watt GE Energy Smart soft white CFL globe

BEST OVER A TABLE
2 WEST ELM WOVEN PENDANT ($200; *westelm.com*)
Bulb pairing: 9-watt GE Energy Smart soft white CFL globe

MOST CLASSIC
3 ROOM & BOARD BANDED MEDIUM PENDANT ($149; *roomandboard.com*)
Bulb pairing: 23-watt Philips Energy Saver Mini Twister soft white CFL

WARMEST HUE
4 MOSO ENDGRAIN PENDANT LAMP ($288 or $318; *branchhome.com*)
Bulb pairing: Comes with a 19-watt Longstar soft white spiral CFL for the large, and 13-watt TCP soft white spiral CFL for the small

PLACING THE LAMP
Hang a pendant so the bottom of the shade is between 5½ and 6½ feet from the floor (depending on the height of the inhabitants and whether they'll be walking below it). If you're hanging one over a table, arrange it about 30 inches from the surface.





FLOOR LAMPS

These models are great for squeezing into tight spaces and providing a layer of illumination between a table and overhead lights. Again, use a cooler bulb if the lamp will be used for reading.

BEST STATEMENT PIECE
1 **NOGUCHI REVERSE POD FLOOR LAMP** ($400; *roomandboard.com*)
Bulb pairing: 13-watt Philips Energy Saver Mini Twister soft white CFL

BEST FOR READING
2 **JCPENNEY STUDIO LED FLOOR LAMP** ($100; *jcpenney.com*)
Bulb pairing: Comes preinstalled with 60 1-watt LEDs

MOST ILLUMINATING
3 **TARGET 3-WAY RESIN BAMBOO FLOOR LAMP** ($160; *target.com*)
Bulb pairing: 50-100-150-watt Philips Energy Saver three-way soft white CFL

PLACING THE LAMP
If a floor lamp is more than 3 feet above your head when you're sitting, the harsh light of the bulb will be visible. Adjust the height or place the lamp farther from your sitting area.



HERE'S A VERY SHORT ANSWER: ONLY IF WE WANT IT TO.

BY DOMINIQUE BROWNING

EARTH DAY IS ONE of those manufactured times of observance. Someone decides that it would be useful to lavish attention on something that we might otherwise take for granted—like flags or mothers or the planet. The day is arbitrarily chosen, not like a date of assassination or birth, and much effort goes into drumming up activities around the celebration.

This year Earth Day is 40 years old. Let's go back for a moment to the decade in which it was conceived. Rachel Carson published *Silent Spring* in 1962; her influential book on chemical pesticides described their toll on human and animal life and helped lead to a ban on DDT. In the latter part of the decade, lunar orbiters captured images of Earth, which NASA released to the public. It is hard nowadays to describe how stunning those pictures were—the first view of the planet from another celestial body. Our orb of a home looked so bravely small and alone. Vulnerable and elegant, a pale gem gleaming against the black velvet of space. The images—of hope and possibility and triumph—were imprinted on the nation's consciousness.

In 1969 there was a catastrophic oil spill off the coast of Santa Barbara, California; thousands of sea creatures perished in waves of suffocating black sludge. ▸▸

photograph by Sally Gall



Be you... only sweeter

SweetLeaf™ is the only zero calorie, zero carb, zero glycemic index, 100% natural sweetener there is.

It contains no chemicals or alcohols as are found in artificial and other stevia sweeteners.

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It's made by taking the highest quality leaves of the stevia plant and extracting their naturally sweet taste with only cool, purified water.

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SweetLeaf Sweetener® offers a sweet solution ideal for everyone, including weight watchers, athletes, and even diabetics.

Finally, a sweetener you can actually smile about.

Strawberry-Yogurt Licuado

- 10 frozen strawberries
- 1 cup unsweetened yogurt
- 1/2 cup orange juice
- 1 packet SweetLeaf Sweetener (or to taste)

A licuado is a cold, blended fruit drink served in Mexico. Make this thick, refreshing, bright pink version any time of year. The secret is frozen strawberries that have not been defrosted. They make it extra creamy and luxurious.

Combine all ingredients in a blender and whip until smooth. Taste to correct sweetening - you might wish to add an additional packet of SweetLeaf Sweetener

Serve immediately.

Look for us at your grocery and natural foods stores.

www.SweetLeaf.com



Sweetness As Nature Intended™

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▸▸ U.S. Senator Gaylord Nelson visited the terrible scene, and, one story goes, his outrage inspired the idea of a day that would push environmental issues onto the agenda. In its 1969 coverage announcing the new holiday, *The New York Times* noted that "rising concern about the 'environmental crisis' is sweeping the nation's campuses with an intensity that may be on its way to eclipsing student discontent over the war in Vietnam." And in 1970, the year Simon and Garfunkel sang about a "Bridge Over Troubled Waters" and the Beatles offered "Let It Be," Earth Day was launched. It was an unqualified success, with millions of people around the country joining in marches and conferences.

Some say Earth Day marked the beginning of the modern environmental movement. In 1972, Supreme Court Justice William O. Douglas wrote a dissenting opinion in a landmark environmental-law case, *Sierra Club v. Morton*, arguing that nature—rocks and trees and water and sky—had rights: "The voice of the inanimate object … should not be stilled."

Since that first Earth Day, millions more gallons of oil have spilled into our oceans. Energy companies have blasted open mountaintops to harvest glittering seams of coal. Glaciers have melted, Arctic sea ice has thinned, icebergs have calved, drifted, and disappeared. And since then, carbon emissions have literally skyrocketed. The decade of the '00s is likely to close as the warmest in the modern record. Through it all, we have faithfully celebrated Earth Day.

We are in danger of becoming (or are we already?) like the people in a fairy-tale kingdom under a spell. They move through their lives in a daze, hardly aware of the world around them. They walk over rich-smelling loam under a canopy of sky and clouds and trees filled with birdsong, but their heads are bent down to peer into tiny screens clutched in their fists. That their planet is suffering, dying even, is more than they can bear to think about.

Unexpectedly, the people are given the gift of one day to celebrate their kingdom. Dimly, they remember that they were once bequeathed an Eden. They wake and see what is wrong, and they see what is right. They look again at that first image of their planet, that deep blackness of space that engulfs it, and realize that's what they should have kept in mind all along. Not their imagined dominance over natural forces but the nothingness that surrounds them, and into which all will go if that jewel is not cherished.

Our planet is wondrous, whether you are seeing it whole, from the moon, or up close, settling slowly into a crouch at the edge of the shore, watching the snails drag their homes over the warm sand

10 WAYS TO MAKE EARTH DAY MEAN SOMETHING

1

MOBILIZE. KATHLEEN ROGERS, PRESIDENT OF EARTH DAY NETWORK Earth Day grew out of a period in our history when rivers were on fire, when you couldn't see across the street because of smog, when we started to notice environmentally related birth defects. These were the signs of 150 years of industrialization going south, and the problems were obvious. Look, changing a lightbulb might sound silly, but think back to World War II, when everyone became a cog in the wheel and played their part. Women like my mother worked in tire factories. People bought war bonds. It was millions of people doing the right thing. And that's what needs to happen now, because this is a war—a war against flagrant abuse of resources, a war against greenhouse gases. Everyone needs to play a part.

GREEN DAYS: A TIME LINE

Forty years of highs and lows
—KATHARINE MIESZKOWSKI

APRIL 22, 1970
Twenty million Americans participate in Earth Day, the first nationwide environmental demonstration.



DECEMBER 2, 1970
The Environmental Protection Agency is created.

APRIL 22, 1971
The "Keep America Beautiful" campaign launches the famous commercial with a crying Iron Eyes Cody.



around you. How do we learn to fall in love with the earth again? It requires a deliberate decision to reconnect. I take walks—on the beach, by a stream, through a wood. I tend plants. I sit and ponder the bark on a London plane tree. I turn to the poets who express the force of this world—to Emily Dickinson, Stanley Kunitz, Mark Strand, or Mary Oliver, who writes in *Long Life*: "It is one of the perils of our so-called civilized age that we do not yet acknowledge enough, or cherish enough, this connection between soul and landscape—between our own best possibilities, and the view from our windows. We need the world as much as it needs us, and we need it in privacy, intimacy, and surety."

If we are to survive, if we are to hand our grandchildren the keys to the kingdom, gratitude for the earth must become habitual, even spiritual. We need a daily devotional of thanks to the planet for what we have been given, along with a determination to do the hard work necessary to clean up the mess we have made. Changing a lightbulb matters, but it is not enough. The deep work of changing our attitudes toward our home is what will keep us on course. The time has come to turn the observance of one day into a yearlong advent calendar of offerings, counting down to the rebirth of a healthy, clean, balanced, nurturing planet.

Ask yourself whether Earth Day matters. It does, if you do.

2

Join a community garden. Adrian Benepe, New York City Parks Commissioner Grow fresh vegetables and meet your neighbors at the same time! Community gardens are as much about beautifying and preserving the land as they are about strengthening local networks. For people of all ages, they serve as a natural classroom to demonstrate where food comes from and what it takes to nurture plants and trees. They also act as "pocket parks"—green spaces that provide shade, cleaner air, and a place to gather. (Find one near you at communitygarden.org.)

3

PLANT A TREE. ERIC RYAN, COFOUNDER OF METHOD HOME-CLEANING PRODUCTS Commit to planting a tree in your yard or neighborhood each year. A properly placed tree can reduce your cooling costs in the summer and improve the overall health, aesthetic, and value of your home. Look for these species, because they're some of the best at absorbing and storing carbon dioxide: horse chestnut, black walnut, white pine, Douglas fir, and red oak.

4

SIT DOWN TO FAMILY DINNER. CHEF ANN COOPER, RENEGADE LUNCH LADY Between industrial farming practices, fossil fuel processing plants, packaging, and shipping, our modern food system is said to be responsible for a third of global warming. But we can change that by making better choices. Whenever you can, eat organic, eat local, eat seasonally, and turn off the TV and talk to your kids about these things. Plus, isn't it nice to spend a little family time together? We could all use more of that.



AUGUST 12, 1971
"Unless someone like you cares a whole awful lot, nothing is going to get better. It's not." Dr. Seuss publishes *The Lorax.*

AUGUST 7, 1978
President Jimmy Carter declares an emergency at Love Canal, New York, over toxic waste.



MARCH 28, 1979
Meltdown at Three Mile Island nuclear reactor.

SEPTEMBER 16, 1987
Twenty-four countries, including the U.S., sign the Montreal Protocol, agreeing to phase out ozone-depleting chemicals.



MARCH 24, 1989
The *Exxon Valdez* spills nearly 11 million gallons of crude oil into Prince William Sound, Alaska.

APRIL 22, 1990
With 140 nations participating, the 20th Earth Day embraces corporate sponsors, inspiring *Time* magazine to dub it a "commercial mugging."

5

Shop differently. In his book *Eco-Intelligence,* Daniel Goleman radically redefines what it means to be green. According to psychologist Daniel Goleman, author of the game-changing books *Emotional Intelligence* and *Social Intelligence*, our planet's salvation lies in... smart shopping. "We manufacture millions of products daily that are destroying our ecological niche," he says. "We don't see the connection between the things we purchase and the damage we do to the Earth." Goleman's take, in a nutshell:

1. What we buy is more important than what we do. Look at yogurt containers. We're encouraged to think that recycling them is enough, but that takes care of only 5 percent of their impact on global warming. When companies were pushed to replace plastic tops with foil seals, there was a dramatic drop in waste. Since Stonyfield made the switch in 2003, they've decreased their packaging by more than 100 tons annually. We need to get smart about the ecological impact of what we buy and let companies know we're wise to the game.

2. Green is not black-and-white. We can buy a T-shirt made from pesticide-free organic cotton, but it takes about 713 gallons of water to grow the cotton for that shirt. GoodGuide.com can tell you how more than 70,000 products stack up in terms of their environmental, health, and social impact in a single rating. Even more genius, you can take the guide shopping—scan a product's bar code at the store with your iPhone and a rating will pop up (if one's available).

3. Spread the word... to your friends, family, online social networks, and most important, the companies that are being affected by your actions. We need to push them to lessen the ecological impacts of what they sell—by letting them know that our purchasing decisions depend on it. —LIZ BRODY

6

Do something outside. Becky Garland, an executive director at the National Wildlife Federation We need to think of nature as our living room. You don't have to be an überadventurer; just step out your back door. Sit in a hammock and enjoy the fresh air. Keep a blanket in your car for impromptu picnics. It doesn't matter what you do outside. Just get out there.

7

Start your own backyard garden. Myra Goodman, cofounder of Earthbound Farm Organic Even though there's a farm stand two miles from where I live, I still have a garden right outside my kitchen. It's such a joy to prepare the soil, watch the plants grow, and bring in the harvest. It really keeps you in rhythm with the seasons, and it's a great way to involve the whole family in an activity that teaches kids about the origin of food. (Once your veggies are harvested, get eco-friendly recipes at wholeliving.com/green-home.)

8

THINK BEFORE YOU TOSS. REALLY *THINK.* MAJORA CARTER, FOUNDER OF SUSTAINABLE SOUTH BRONX Before you throw something out or recycle it, take a moment to consider where it's going to end up and how it's going to get there. Chances are it will be placed on a diesel truck and dumped in a poor neighborhood, next to a fossil-fuel-burning power plant. It doesn't matter that you are "recycling" or that your banana peel is "organic"—it all ends up in the same place. Think about how to divert it from the waste stream altogether, whether by composting or finding a second use for it. And hold that image in your head every time you buy something. Once you can visualize that daily waste stream and all the energy used to support it, and you can imagine the impact on the people who live alongside it every day, you'll understand environmental justice a little better.

JUNE 3 TO 14, 1992
The Earth Summit in Rio de Janeiro draws representatives from 172 governments.





DECEMBER 10, 1997
Julia Butterfly Hill climbs up Luna, a 1,000-year-old redwood tree, to protest the logging of old-growth forests. After 738 days she finally climbs back down, saving the tree and the surrounding forest.

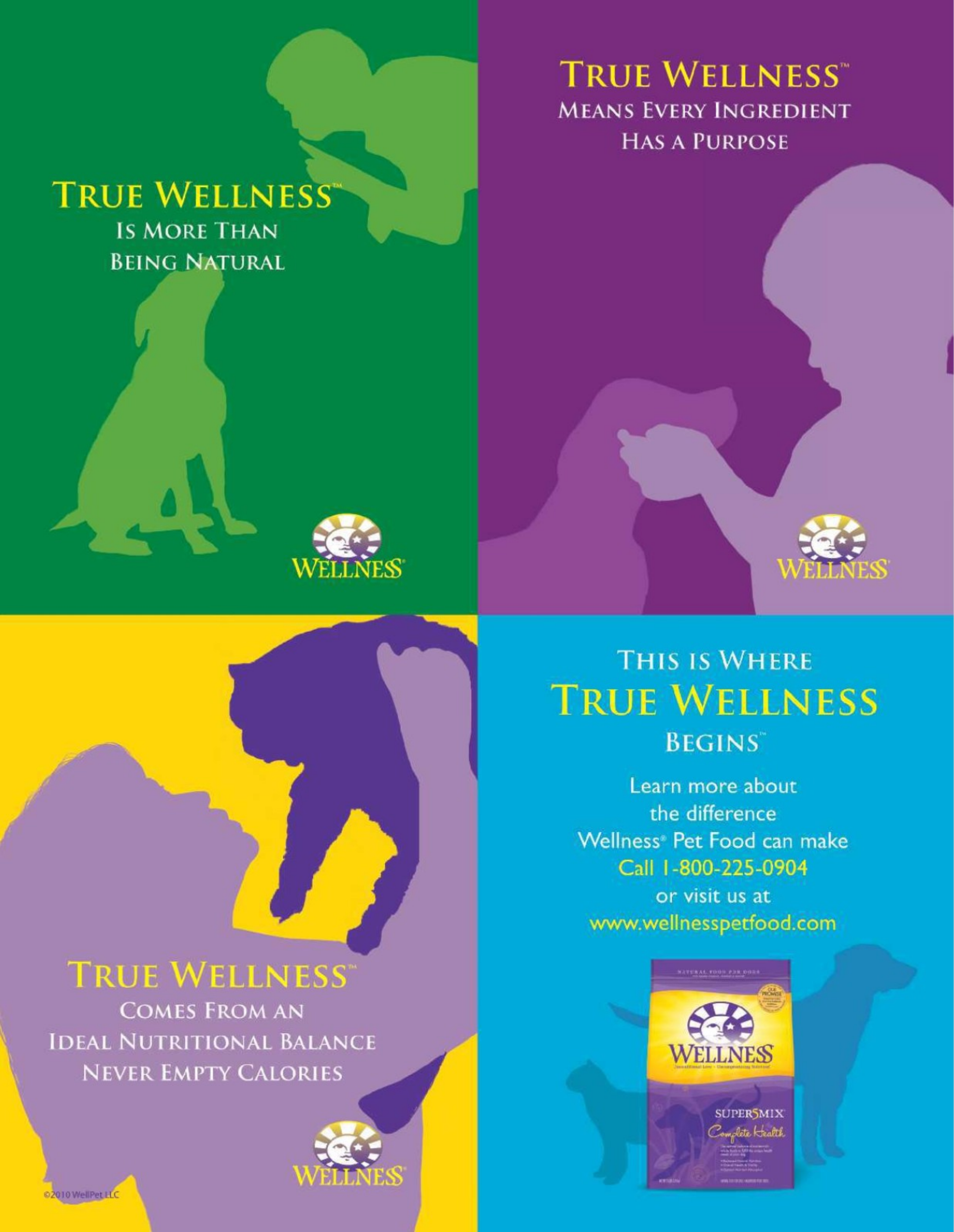
APRIL 22, 2000
The Internet helps 5,000 environmental groups inspire people in 184 countries to participate in the 30th Earth Day, which calls for action on clean energy.



AUGUST 2000
The first Toyota Prius hybrid car is sold in this country.

FEBRUARY 16, 2005
The Kyoto Protocol, aimed at reducing greenhouse-gas emissions, goes into effect. It is ratified by 141 nations—but not the U.S.

photographs from left: John Wang; Gerard Burkhart; Yoshikazu Tsuno


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9

Write your senator. Al Gore, Nobel Prize winner and author of *Our Choice: A Plan to Solve the Climate Crisis*
Encourage your legislator to vote for cap-and-trade legislation, the climate and energy bill that they're trying to pass. I'm very optimistic that we're going to solve this crisis. I think we have everything we need to do it, with the possible exception of political will. Luckily, political will is a renewable resource.

B+S: Al Gore, how do you celebrate Earth Day?
AG: I have a great memory of working with President Clinton in the Chesapeake Bay at Havre de Grace's Concord Point Lighthouse, where the bay and the Susquehanna come together, on the 25th anniversary of Earth Day in 1995. This year, I think I might take a canoe trip on the Caney Fork River.

B+S: Have you ever received an Earth Day present?
AG: Once I got a flag with that picture of the Earth from December 7, 1972, on it. Another time I got a tree to plant.

B+S: Speaking of trees, have you ever actually hugged one?
AG: Well, now, let me think. I don't believe I have. I may go out and do that this afternoon, just for the heck of it.

B+S: How do you write a letter to your senator that actually gets read?

AG: First, make it heartfelt. Second, handwrite it. Staffers often think a typed note comes from a Web site and was generated by a special interest group.
—Q+A BY CHRISTIE MATHESON

For more tips on contacting your senator and supporting clean energy legislation, visit repoweramerica.org.



B+S ONLINE This poster was designed by Martin Carey—father of *Martha Stewart Living* food editor Sarah Carey—for Philadelphia's first Earth Week. To view works created by New York City elementary school students for Martha Stewart's Earth Day Poster Art Show this month, log on to **wholeliving.com/earth-day.**

10

Take the first step. Gary Hirschberg, CE-Yo of Stonyfield Farms
As the ancient philosopher Lao Tzu once said, "The march of a thousand miles begins with one step." Earth Day is the day when each of us can stop and say, "OK, everything I do impacts the planet, and while I can't do much, I'm going to do at least one thing each day." For me that one thing is biking the 30 miles to my office. I think it's especially important to visibly walk the talk (or ride the talk) on this day.
—INTERVIEWS BY JESSICA LOTHSTEIN



MAY 2005
San Francisco chef Jessica Prentice, along with three other Bay Area foodies, coins the term *locavore*.

JULY 3, 2005
Gaylord Nelson, founder of Earth Day, dies at age 89. "The reason Earth Day worked is that it organized itself," the former U.S. senator from Wisconsin had said. "The idea was out there, and everybody grabbed it."

OCTOBER 12, 2007
Al Gore and the United Nations' Intergovernmental Panel on Climate Change win the Nobel Peace Prize.



DECEMBER 2009
A year after the polar bear is listed as a threatened species by the U.S. Fish and Wildlife Service, the U.N. Climate Change Conference in Copenhagen yields no targets to curb emissions.

photographs this page clockwise from top: Raymond Hom; Veer; Marcus Nilsson

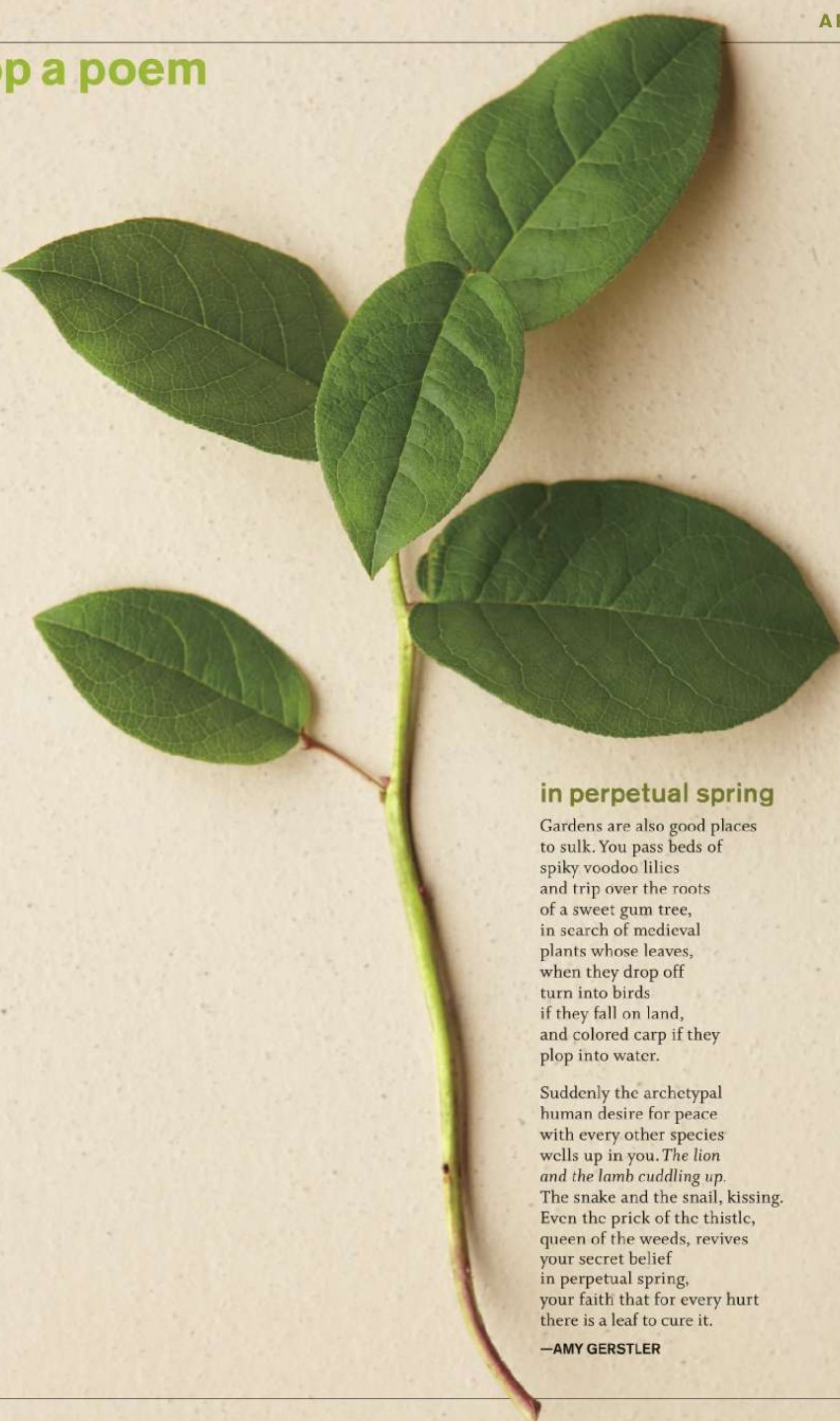

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pop a poem



in perpetual spring

Gardens are also good places
to sulk. You pass beds of
spiky voodoo lilies
and trip over the roots
of a sweet gum tree,
in search of medieval
plants whose leaves,
when they drop off
turn into birds
if they fall on land,
and colored carp if they
plop into water.

Suddenly the archetypal
human desire for peace
with every other species
wells up in you. *The lion*
and the lamb cuddling up.
The snake and the snail, kissing.
Even the prick of the thistle,
queen of the weeds, revives
your secret belief
in perpetual spring,
your faith that for every hurt
there is a leaf to cure it.

—**AMY GERSTLER**

the meaning of cleaning

We tear through the laundry so we can **FINISH IT ALREADY AND GET ON WITH OUR REAL LIFE.** But in a way, **LAUNDRY *IS* OUR REAL LIFE.** What if, instead of zoning out when we did our routine chores, we really woke up? One haphazard housekeeper tries to turn **CLEANING INTO A MEDITATIVE PRACTICE.**

BY **AMY MACLIN** PHOTOGRAPHY BY **MARIA ROBLEDO**





The idea is that we should find meaning in ordinary tasks, because true clarity is fleeting enough—and when it's over, somebody still has to clean the crisper.

I CLEAN HOUSE the way I'd kill a rattlesnake—fast and furious, like the dirt's about to bite back. My white towels are in shreds because I just hurl the bleach on top, and I've lost many glasses in senseless dishwashing incidents. One day, enraged by the calcified dill clinging to my refrigerator's crisper, I jerked the thing out and it cracked right down the middle. In the rush to take care of all my worldly goods, I was destroying them.

Cleanliness may be a worthwhile goal, but the time it takes to get there feels like an insult. What happened to my meaningful, art-filled life, the one I should be having instead of moping at the end of a mop that smells of "Sunlit Meadow"?

Thich Nhat Hanh once wrote that he washes dishes with as much care as if he were bathing the newborn Buddha: "If I am incapable of washing dishes joyfully, if I want to finish them quickly so I can go and have a cup of tea, then I will be incapable of drinking the tea joyfully." Well, sing my life with your words, brother. I can't say that after I've ripped through all those chores, I am doing much joyful tea drinking. For one thing, I've chipped all the nice cups.



What if I were able to slow down and treat housework as if it mattered? I'm thinking of that Zen proverb: "Before enlightenment, chop wood, carry water. After enlightenment, chop wood, carry water." The idea is that we should find meaning in ordinary tasks, because true clarity is fleeting enough—and when it's over, somebody still has to clean the crisper.

If housework were no more than drudgery, would it be part of so many religious traditions? Twenty-four verses of the biblical book of Leviticus are devoted to the fight against mildew. The Japanese religion Ittoen is centered around the humble practice of scrubbing other people's toilets. Every week before the Sabbath, observant Jews are meant to clean their houses in preparation; Passover cannot properly happen unless every crumb of leavened bread is gone from the car, the cabinets, the carpets.

"That massive cleaning effort is a metaphor for cleaning out your soul," says Rabbi Sherre Hirsch, author of *We Plan, God Laughs.* "When your physical surroundings are cluttered, your emotional and spiritual self is cluttered. If your space is clean, then your mind is open and you can let God in." One reason I hate cleaning is that I feel like I'm waiting for some invisible guy with a clipboard to come by and evaluate my progress. Maybe I'd be more motivated if I thought God might show up.

"YOU'VE ABSOLUTELY HORRIFIED ME," says Kathleen Norris, a Benedictine oblate and author of *The Cloister Walk*, when I tell her how I treat my towels. "It's going to take me a while to recover." This conversation feels like it's happening in a confessional: Norris has such passionate feelings about the divinity in laundry that she once delivered a lecture (later published as the book *The Quotidian Mysteries: Laundry, Liturgy and "Women's Work"*) illuminating the ways that laundry can seem moral almost, the miracle of making dirty things clean.

See, I think doing laundry is more like shoveling coals in hell. Bending over, dumping in, bending over, hauling out. Which brings me to another thing I hate about housework: It never stays done. Cycles, cycles, cycles. Doesn't Norris—no matter how much she loves the smell of line-dried clothes—ever mind the endless repetition? "You'll have to wake up tomorrow just like you did today," she says. "If you despise repetition, what you're really saying is that you despise life itself."

For the Benedictines, work and prayer are one and the same. "I think one of the reasons the order is still here after 1,500 years is that no one is excused from kitchen duty," Norris says. "They try to honor work as part of just being human." She tells me about one young novice she met who made a meditative



MINDFUL HOUSEKEEPING

Elisha Goldstein, coauthor of *The Mindfulness-Based Stress Reduction Workbook* (out in March), tells us how to make peace with cleaning.

1. **Imagine** you're doing this chore for the first time. In your mind, it's just a sinkful of dirty dishes. Look for the bubbles instead.

2. **Use your five senses,** focusing on one at a time. Appreciate the warmth of the water, the scent of the lemon cleanser.

3. **Consider it a neural workout.** Incorporating mindfulness-based techniques into everyday life can make you calmer and your brain more adaptive.

4. **Don't think of housework as punishment.** Goldstein says, "You're cultivating kindness toward yourself."

practice out of running the commercial cleaner, again and again, in circles over the hallway's hardwood floors.

On a more earthly plane, floor cleaning is the therapy of choice for Alexis Stewart, Martha's daughter and cohost of *Whatever, Martha!* on the Fine Living Network, who was recently quoted in this magazine on cleaning's stress-relieving benefits. "You don't have to do it," she says. "But the result is fun. I never liked cleaning out the chicken coop when I was a kid, but I sure liked the result." (I bet her crisper is spotless.)

This is the kind of old-fashioned pragmatism that women adopted in the days when we were better at wringing meaning out of chores. Take *The American Woman's Home,* written in 1869 by Harriet Beecher Stowe and her sister Catharine E. Beecher; it's a complete compendium of how a woman should manage her household's physical and spiritual ecosystem, from prayers to healthy beverages, dusting to moral foundations. There are three chapters on how to ventilate the house: Homemaking is not about managing the moisture emitted by your furnace; it's about putting the very air in your family's lungs.

IN HER NEW MEMOIR, *Hand Wash Cold: Care Instructions for an Ordinary Life,* Karen Maezen Miller tells the story of how her life changed when she started doing her own housework. Of course, she also renounced a deflated marriage and an inflated ego and shaved her head to become a Zen priest, so maybe her epiphanies weren't all about color-safe bleach. Still, I'm dismayed when she says, "There is no meaning in chores. The expectation of meaning is what robs life of greater meaning." I had not expected such a Luke-and-Yoda moment.

"When we expect things to be more than they are, or when we value them as less than they are, that keeps us at arm's length from our own life," Miller says. "We think we're supposed to follow our bliss, but when we're really present in every moment, even when we're vacuuming, we can begin to chip away at the feeling of inadequacy. And little by little, our lives are transformed." Miller thinks the way we work can tell us something about who we are—the way we tenderly fold our children's clean pajamas or rage over our husband's towels in dank trails on the floor—and so it is a spiritual practice of sorts. Plus, "the rituals of daily work just enfold your day in dignity. They make life tasty." Uh-huh.

She says, "If you think you need some voodoo ..." I do. Why else would I call a Zen priest about my housework? "Well, here's the magic soap," she says. "Your own attention is what spiritualizes things. Attention to the meal you cook, the clothes you wash. Attention is love. And that's transformative."

I WAS THINKING OF TRANSFORMATION yesterday, how Kathleen Norris was right about life as repetition. Am I the only person who keeps having the same disagreements, the same gripes, the same bad habits? I was in that slough of despond where it wasn't the bathroom sink but my *life* that was covered in toothpaste sludge and someone else's beard hair. I set out to clean the thing with attention and enfold my day in dignity. At first all I noticed was the usual simmering irritation. Then I saw the thin layer of funk on my drain (not much dignity there). But as I worked the cloth around the spigots—focusing on the doing, not the getting done—it started to feel pleasantly personal, like giving someone a bath. Not the newborn Buddha, but some cranky elderly relative. Because the sink had been entrusted to me, and because it deserved to be clean, and because I was the one to do it. I scrubbed at that film of filth on the drain, which I'd never noticed all the times I'd spit into it, and there actually was a shiny circle underneath.

The cleaning seemed different when I wasn't doing it for the guy with the clipboard anymore. That guy had been me anyway. In some way, I was starting over again. What was that quote from the Bible that my mother kept on our spotless refrigerator? *Behold, I make all things new.*

I'll never love it, but I can say this: Cleaning changes things. So much in life is uncertain—you take vitamins and get sick, love people who disappoint you, pour your heart into a job and lose it at the end of the fiscal year. But if you take a rag to a piece of soap scum, it will go away. From that point of view—the pure continuum of cause and effect—cleaning stops seeming futile. It starts to look like the only thing worth doing.

"Here's the magic soap: Your own attention is what spiritualizes things. Attention to the meal you cook, the clothes you wash. Attention is love. And that's transformative."

prop and wardrobe styling by Quy Nguyen





elemental beauty

Once found mainly in health food stores, mineral makeup—made from pulverized rocks like mica, titanium dioxide, and silica—has acquired a modern polish, with updated, skin-friendly formulas.

BY **OLESSA PINDAK**
PHOTOGRAPHY BY **CHRISTOPHER BAKER**



foundation

It's not just loose powder anymore. Cream and pressed powder formulas give mineral lovers a wide range of options.

(1) MAC Mineralize Foundation SPF 15 $30; *maccosmetics.com*

(2) Becca Cosmetics Mineral Powder Foundation $38; *beccacosmetics.com*

(3) Neutrogena Mineral Sheers Powder Foundation $14; *drugstore.com*

(4) Physicians Formula Mineral Wear Talc-Free Mineral Illuminating Powder Duo $14; *cvs.com*

(5) Arcona Sunsations Mineral Makeup SPF 25 $45; *arcona.com*

(6) Aubrey Organics Silken Earth Translucent Base $24; *aubrey-organics.com*

>> Laura Kepshire, our model, is a complementary-medicine practitioner at Brennan Healing Science in New York City, where she uses therapeutic touch and integrative healing techniques. "I've always been attracted to minerals," she says. "As a child in Anchorage, Alaska, I would gather rocks and minerals and keep them in my pockets. I don't wear much makeup, so I love how light and natural the makeup feels on my skin."

It was in 1970s San Francisco that mineral makeup first became available, in sawdust-strewn health food stores. The timing was no coincidence: "1976 was the year makeup companies were required to print ingredients on their labels," says Diane Ranger, who created Bare Escentuals, then developed a new line, Colorescience. "It forced women to really look at what was in their makeup and spurred an interest in natural options." As a result, pioneering companies stripped makeup of unnecessary talc, fillers, and preservatives. "What was left were the mineral pigments," Ranger says.

Today, mineral makeup is big business. Cosmetics giant Shiseido recently bought Bare Escentuals (whose CEO, Leslie Blodgett, is widely credited with launching mineral madness on QVC) for a reported $1.7 billion. The range of formulas has also exploded: No longer limited to loose powder foundations, minerals can be found in everything from foundation creams to pressed powders, lip glosses to eye shadows, cheek colors to mascaras. Why go mineral? Fans cite the bright pigments (iron oxides are commonly incorporated for their wide range of shades), light-reflecting properties (minerals like mica give skin luminosity), and mattifying benefits. If you've dismissed mineral makeup in the past, it might be time for a second look. "Formulas used to be heavy, but new technology has allowed us to refine the way the minerals are processed, so they're smaller and lighter, and feel smooth on the skin," Ranger says.

"My patients are interested in mineral makeup because it sounds natural," says Manhattan dermatologist Francesca Fusco, M.D. "It can be helpful for acne-prone skin, because it usually contains zinc, which can help breakouts," she explains. (But it's not a cure-all for sensitive skin. Fusco cautions, "You can be sensitive to anything, minerals included.") The higher the mineral content, Ranger says, the greater the skin-soothing benefits. Look for labels that list iron oxides, titanium dioxide, zinc oxide, or mica.

"I've seen a lot of women have that 'Aha' moment when they realize that makeup can be healthy," says Jane Iredale, owner of the eponymous mineral line. "They often then begin to clean out the rest of their lives, changing things like their lotions and cleaning products. Makeup is just the first step."

>> The Mineral Method

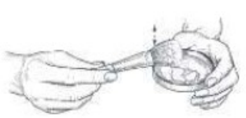
"One of the biggest complaints about loose mineral powder is that it's messy," says Colorescience's Diane Ranger. "The reason this technique works so well is that it gets the minerals into the brush head and not all over the place."

Spin



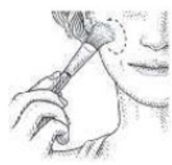
Put a small amount of makeup into the cap and spin your brush.

Tap



Tap the brush against the side of the cap to knock off loose minerals.

Press



Working in small circles, press the powder into your skin.

lips & cheeks

Look for mineral lip products in the formula you like best—from glosses and balms to lipsticks. Blush and bronzer come in loose powders, pressed powders, and even small rocks that you can run a brush across or apply directly to your cheeks.

(1) Jane Iredale Lip Fixation Lip Stain/Gloss in Fascination $29; *janeiredale-direct.com*

(2) La Bella Donna Mineral Light Lip Colour in Pink Sand $23; *labelladonna.com*

(3) E.L.F. Mineral Lipstick in Nicely Nude $5; *eyeslipsface.com*

(4) Emani Minerals Hydrating Mineral Lip Color in Drama Queen $16; *emani.com*

(5) CoverGirl TruBlend Micro Minerals Blush in Natural Rose $11; *drugstore.com*

(6) Pür Minerals Hot Rocks $24; *purminerals.com*

(7) Philosophy You Make Me Blush in Sunny/Bright $25; *philosophy.com*



eyes

The range of mineral shades—from subtle to intense—can be customized by how many layers you apply. Try a sheer wash of color, or brush on a few coats for a brighter payoff.

(1) GloMinerals gloEye Shadow in Mermaid $15; *gloskincare.com*

(2) GloMinerals gloLoose Eye Shadow in Charming $15; *gloskincare.com*

(3) Bare Escentuals Bare Minerals Glimmer in Azure $13; *sephora.com*

(4) MyChelle Eye Shimmer in Spring $13; *mychelle.com*

(5) Mineral Fusion Eye Shadow in Element $17; *dermstore.com*

(6) Avon Smooth Minerals Eyeshadow in Enchanted Lilac $9; *avon.com*

(7) Avon Smooth Minerals Eyeshadow in Pixie Dust $19; *avon.com*

(8) Afterglow Cosmetics Organic Pencil Eye Liner in Planet $22; *afterglow cosmetics.com*

(9) The Body Shop Nature's Minerals Eye Colour in Platinum Shimmer $13; *thebodyshop-usa.com*





>> The Palette

To keep the look natural, employ these sleight-of-hand application tricks.

Lips

For full color coverage, swipe the lipstick across your lips. For a more subtle shade, dab on to lips with your fingertip.

>> Special thanks to the American Museum of Natural History, Astrogallery.com, and Ruzzettiandgow.com for their generous mineral loans.

hair and makeup by Shawnelle Prestidge, prop styling by Ayesha Patel; illustrations by Harry Bates





STOP STRESSING, START LIVING!

We can't avoid life's pressures, but we can outsmart them. Here's the surprising new research about how we can decode our body's natural stress responses and get started on the path to contentment.

BY **TERRI TRESPICIO**
PHOTOGRAPHY BY **JOHN DOLAN**

PSYCHOLOGY RESEARCHERS know that while happy faces look the same the world over, the face of stress is changing. Ten years ago, Roberta Lee, M.D., codirector of the Integrative Medicine Fellowship at Beth Israel's Continuum Center for Health and Healing in New York City and the author of *The SuperStress Solution*, decided to take a closer look at patients who were showing telltale symptoms of post-traumatic stress disorder: persistent anxiety, sleep disturbance, substance-abuse habits, and overall disengagement from their lives. And yet, unlike PTSD sufferers, they hadn't been through any terrifying ordeal. In fact, they denied feeling overly stressed at all.

After talking with her patients for hours on end, Lee says, it hit her: Their symptoms didn't stem from any single event, but from an accumulation of small events. "These people had been living under such extreme stress for so long, they didn't even know they were stressed," she says. "It had become an invisible part of the landscape of their lives."

In the caveman days, when our primary goals were to find dinner and avoid becoming dinner, our body's nervous system evolved to handle brief, acute bouts of stress followed by periods of recovery. But life isn't like that anymore—now we're barraged all day long with demands and decisions. Lee calls this intense and unabating force "superstress." Yet at this stage in our evolution, she says, our stress response is colorblind: It can't tell the difference between a physical threat and a psychological one. Your body essentially creates the same fight-or-flight response whether you're in front of a charging mastodon or just worrying about tomorrow's big presentation.

Women may be particularly prone to superstress: A Yale University study found that female rats in a high-estrogen phase were more susceptible than males to the negative effects of stress, and underperformed on tasks because of it. Lee reports that the ratio of women to men who say they suffer from stress may be as high as 3 to 1. The reason, again, most likely goes back to evolution: Women have a greater number of chemical stress receptors, which once enabled them to be hyperaware of potential threats to their young. Unfortunately, that trick of biology also keeps them in a ramped-up state longer than their male counterparts.

But that's only part of the picture. According to Stephanie McClellan, M.D., and Beth Hamilton, M.D., coauthors of *So Stressed: The Ultimate Stress-Relief Plan for Women*, we don't all process stress the same way. "The stress response is influenced by many factors, including age, gender, diet, medication, lifestyle," Hamilton says. Each one of us has a stress personality of sorts: an individual set of physiological responses that expresses itself in a characteristic way when the pressure hits.

One key factor behind our stress response is our level of cortisol, a hormone excreted by the adrenal glands during moments of heightened anxiety. It functions like an air-traffic controller, says McClellan, prioritizing the body's functions for maximum energy. High producers of cortisol tend to be type A personalities whose sympathetic nervous systems (which mobilize the fight-or-flight response) are firing on all cylinders and thus find it hard to relax. Others may be equally high-energy until the danger passes and the parasympathetic nervous system (the rest-and-digest system) takes over, causing them to crash hard. And someone who underproduces cortisol may feel sensitive to even small amounts of stress, staying chronically fatigued and overwhelmed.

The answer, however, isn't to try to eradicate stress entirely. That would be like throwing away your steak knives because you don't want anyone to get hurt. The sharp edges of stress can hone our cognition, heighten our senses, and help us perform at a higher level. The key is to wield those blades wisely.

WHAT LESS-STRESSED PEOPLE DO (AND YOU CAN, TOO)

1 / THEY REFRAME STRESS POSITIVELY

PSYCHOLOGIST SUZANNE KOBASA studied 259 managers during a corporate restructuring and found that three key traits helped lower their negative response: commitment, challenge, and control. Those who fared better didn't get derailed from their larger goals and saw change not as a problem but as a challenge. And rather than view the world as unfair, they acknowledged that though external events were largely out of their control, one thing they *could* control was their response.

WHAT FAMILY IS *THIS* MELLOW?

Actually, Chris and Shannon Svensrud, 37 and 35, have just launched a new business in a struggling economy (it's called Nook Sleep Systems, a line of organic, sustainably produced infant mattresses) while raising Levi, 5, and June, 3, in Los Angeles. Yet we have to admit, they seem pretty relaxed. They share their secrets for laid-back living on page 101.

In the park: Shannon is wearing an Allen B. for JCPenney silver-, gray-, and white-striped long-sleeve T-shirt, a Levi's army jacket, Joe's jeans, Sam Edelman leopard-print sandals, and (left) an Enza Costa sheer-gray long-sleeved tee. Chris is wearing an American Eagle button-down and Levi's jeans.

























In the garden: Shannon is wearing Joe's jeans, an American Eagle bright green tank, an Enza Costa gray layering tank, and Old Navy bright yellow sandals. June is wearing an H&M top, a denim skirt, floral rain boots, and her own dress, designed by Shannon.

2 / THEY GET MOVING

STRESS CHEMICALS like cortisol are meant to be used in combat or chase. Exercise produces serotonin and norepinephrine, which counter the stress response, as well as endorphins, which create a sense of euphoria. If you're an always-on type, McClellan suggests, work out first thing in the morning to calm and restore hormone levels. Lower-energy types may benefit most from consistent but gentle daily exercise. If you burn out easily, opt for regular stretching or yoga.

3 / THEY FIND MEANING IN WORK

JOB PRESSURE tops the stress list, says a 2007 American Psychological Association survey. The key to coping is to find meaning (and thus a broader perspective) in what you do, says career consultant Maggie Mistal. If you feel stuck at work, look beyond your daily tasks to how you personally contribute to your team and what your efforts do for others.

4 / THEY STAY CONNECTED

THERE'S A REASON we reach for others when we're stressed. According to a paper published in *Philosophical Transactions of the Royal Society*, social animals in groups show improved recovery from distress. Simply seeking company can serve as a powerful buffer against life's anxieties.

5 / THEY HIT THE BRAKES

THE CAPACITY for rest is not unlike strength: If you don't use it, you'll lose it. By giving yourself at least a 10- to 15-minute time-out each day, Lee says, you "preserve the memory of accessing calm." One recent study showed that a mere 12 minutes of daily meditation for eight weeks significantly increased blood flow to the brain in both normal subjects and Alzheimer's patients. Lee recommends the four-five breath, an easy technique for restoring calm: Breathe in for a count of four, exhale for five. This activates the vagus nerve, a neural pathway connecting the brain and the body, and slows your heart after arousal. Start with five minutes a day and work your way up to 15.

6 / THEY GET SOME SLEEP

CORTISOL can keep you awake at night (and run down in the daytime). Readjust your inner clock for more restful sleep. If you're waking (and crashing) too early, try bright artificial light in the evening. If you can't sleep till the wee hours, reset your cycle by going to bed 15 to 30 minutes earlier every two or three days.

7 / THEY EAT THE RIGHT FOODS

HAMILTON RECOMMENDS whole-food sources of tyrosine and tryptophan, amino acids that help produce balancing neurotransmitters. Try chicken, yogurt, avocado, spinach, oats, and nuts. And don't go hungry. "Regular meals keep your blood sugar level steady and help your brain and body perform at their peak," McClellan says.

wardrobe by Zoe Glassner, hair and makeup by Dale Johnson, produced by Elizabeth Durels. At the beach: Shannon is wearing a Rachel Pally ivory tank, a beige jersey vest, J.Crew crop pants, and a 925 L.A. wrap bracelet. Chris is wearing Levi's jeans and a J.Crew T-shirt. June is wearing an H&M top and denim shorts. Levi is wearing an H&M white long-sleeved T-shirt and The Children's Place khaki pants. See product guide for purchasing information.



HOUSE RULES

One family's checklist for handling their biggest stressors.

The Svensruds are the first to say they don't have it all figured out—but a few truths help them stay grounded.

1 Stress is a warning bell. "When you hear it, whatever you're doing must not be working," Chris says. "Something's got to change."

2 Focus on the solution. "Try being six months pregnant when you find out your new insurance won't cover your hospital costs," Shannon says. She and Chris channeled that anxiety into research, and found out they qualified for government assistance.

3 Know when to say "enough." When the challenges of parenting get to be too much, Chris is the first to admit it. "I say, 'Shannon, I just can't do it. You're up.' And I do the same for her."

4 Have a few cherished rituals in place. "Our Sunday consists of 7 a.m. mass, followed by breakfast at the Original Pancake House and a drive to the ocean, where we collect rocks and shells," Shannon says.

5 Keep family close. The Svensruds live next door to Chris's parents and share support (and dinner every night). Chris cut a hole in the backyard fence so the kids (and adults) can pop over to the grandparents' house easily.



SPRING VEGETABLE RAGOUT



HOW TO BE A
HEALTHY VEGETARIAN

There's no question that a mainly plant-based diet is better for us and for the planet. But it presents so many herbivore's dilemmas: Am I getting enough protein? Plenty of nutrients? And what do I make for dinner? Here are the strategies, recipes, and cookbooks that will help you eat right.

TEXT BY **JENNY ROSENSTRACH** RECIPES BY **SARAH CAREY** PHOTOGRAPHS BY **RAYMOND HOM**



SPICY CAULIFLOWER

About 15 years ago, I was chatting with two women at a cocktail party when one of them noted she was a vegetarian. Other than feeling a flash of pity—*poor thing can't eat a steak*—

THE PRICE OF MEAT

Cows expel methane, a greenhouse gas that is

23

times more potent than CO_2.

77%

OF U.S. SOYBEANS AND 46 PERCENT OF U.S. CORN FEED FARM ANIMALS. THAT'S A LOT OF LAND.

GOING VEGAN SAVES

1½

tons of CO_2 eq, compared to the average American diet.

I didn't think much about it until she wandered away to get a Pinot refill. At that point, the other woman whispered, "Well, that's a pretty good sign that she's not a lot of fun!" We snickered and shoved a few more pigs in blankets down the hatch.

I've thought about this conversation a lot in the past few years. When I replay it and think of my glib response, it feels like watching a pregnant Betty Draper in *Mad Men* throwing back a martini: *How could she not know?* How could I have dismissed this woman when it was likely that some major soul-searching had gone into her decision to stop eating meat? *How could I not have known?*

Maybe it was because that cocktail party was about eight years before Eric Schlosser's book *Fast Food Nation* described the disturbing conditions of the slaughterhouses and meatpacking plants feeding the country's fast-food system. And before Michael Pollan asked us in *The Omnivore's Dilemma* to question everything on our plates and how it got there. It was way before investment bankers were leaving Wall Street to start organic chicken farms and before new dad and literary darling Jonathan Safran Foer proclaimed in his 2009 vegetarian manifesto, *Eating Animals*, "We are equally responsible for what we don't do. In the case of animal slaughter, to throw your hands in the air is to wrap your fingers around a knife handle."

THE MEAT OF OUR PROBLEM

Today, anyone interested in food or the environment (or anyone who reads the newspaper) knows how hard it is to ignore the evidence mounting against factory-farmed meat, which, according to an analysis of USDA and EPA data by the advocacy group Farm Forward, is 99 percent of the beef, pork, and poultry sold in this country. Raising livestock for food is one of the largest contributors to global warming, accounting for 20 percent of man-made greenhouse gases emitted each year. The Meatless Monday movement, an initiative in association with the Bloomberg Johns Hopkins School of Public Health, states that if all Americans skipped their daily eight ounces of meat one day per week, we could save more emissions over the course of a year than if we gave up traveling by cars, trains, planes, and ships combined. There are the health benefits, too, of course. People who consume a plant-based diet weigh less, have lower incidence of heart disease, diabetes, and many cancers, and on average live longer than meat eaters.

So why aren't we all vegetarians? Why can't I—enlightened Me, post-Pollan, post-Schlosser, post-I-know-the-provenance-of-the-food-on-my-plate Me—become a vegetarian?

Anthony Bourdain, meat's most vocal cheerleader, will tell you the answer is "bacon," as he did on *Larry King Live* last fall. But our attachment goes beyond sheer pleasure. Tara Austen Weaver (who was raised a vegetarian, developed thyroid issues, and was advised to eat meat by an acupuncturist—a journey she chronicles in her new memoir *The Butcher & the Vegetarian*) claims there's no other food with which Americans are so emotionally connected. "People give up things all the time," she says. "Look at how many people are on gluten-free diets right now—but it's not this personal affront. What is this love affair with meat?"

For me, the love affair was this: Growing up, I sat down at 7 p.m. every single night to a meat-veg-starch dinner. To give up one third of that equation would feel like giving up one third of my family history. But it goes beyond that. I love to cook. As I write, the smell of a roasting chicken permeates my house; in my freezer, I have about eight pounds of organic pork products. For me it came down to: Meat Eating = Fun, therefore Vegetarian = Boring.

But last year I was forced to rethink that formula. Not only was the chorus of pro-vegetarian heavy hitters getting too loud to ignore, but my husband was diagnosed with high cholesterol as well. So I started down the path toward significantly reducing our family's meat consumption—and I found it led to some surprising places.

A TRIP AROUND THE WORLD

On a bleak, leafless day in December, I was in my neighbor's kitchen sampling Sichuan peppercorns that he had briefly pan roasted and then smashed into a paste with his mortar and pestle. He hadn't eaten meat in 15 years; plus his teenage son was a newly converted vegan. He had been enthusiastically exploring the spices and flavors of Asian cuisines, which, he explained, are traditionally



MUSHROOM, SPINACH,
AND SCALLION TART



COLD PEANUT NOODLES

SERVES 4 V

Cook ½ lb. **whole-wheat spaghetti** in a large pot of salted boiling water. Whisk together ½ cup **natural creamy peanut butter,** 2 tsp. **low-sodium soy sauce,** 1 tsp. **toasted sesame oil,** 1½ tsp. **chile garlic paste,** 1½ tsp. grated **ginger,** 1 tsp. grated or minced **garlic,** and ½ tsp. **sugar.** Thin with ⅓ cup **water.** When noodles are done, drain and rinse under cold water. Toss sauce with pasta, and thin with more water if needed. Serve topped with a salad of shredded **bok choy** and **carrots** dressed with **soy sauce, rice vinegar,** and a little **toasted sesame oil.** Season with **salt.**

FOR MORE RECIPES, SEE PAGES 111–112.

vegetable-based. The peppercorns were a revelation—smoky and rich, spicy but in a beautiful, lingering way. He pulled out Fuchsia Dunlop's Sichuan cookbook *The Land of Plenty* and began pointing out his favorite recipes. Next to that cookbook was David Thompson's 688-page *Thai Food*, which had worked my neighbor into a frenzy of dog-earring. Try this relish. Read this recipe. Go to this town for this sauce.

There was clearly no lack of fun in his kitchen.

He sent me home with a stack of Southeast Asian cookbooks and directions to a nearby Asian superstore. I'd probably driven past it 800 times in the six years I'd been living in the neighborhood but had never once noticed it. Some of my new recipes called for ingredients that sounded like what you'd find at Hogwarts School of Witchcraft and Wizardry—pumpkin tendrils and bird's-eye peppers—but all of them were available right here. I left with tamarind water, a peppery hot sauce called *mala*, and a can of mandarin juice. At home I stared at my bounty, and the ensuing endorphin rush ignited a cooking frenzy.

Later that week I had a bag of gram flour procured from the local Indian market (3.2 miles away) for a recipe from Madhur Jaffrey's *World Vegetarian*: chickpea flour "French fries" served with a fresh tomato sauce. The next week I was introducing my kids to Korean *pa jun* (scallion pancakes). How *fun* was this?

REIMAGINING DINNER (AND LUNCH, AND BREAKFAST ...)

The more I talked to chefs, cookbook authors, lifelong vegetarians, "flexitarians," and hard-core vegans, the more I learned how, for almost all of them, refusing meat was never a limiting proposition. If you approach it the right way, everyone kept saying, it's the opposite; it can be a world-expanding adventure. Kim O'Donnel, the former "A Mighty Appetite" online columnist for *The Washington Post*, who took a Meatless Monday pledge with her readers, says this attitude can be a smarter way in than the save-the-planet angle. "You don't have to label yourself something different," she says. "This is not a sacrifice—it's a celebration. My incremental approach is more about diversifying diet than it is pushing anyone toward an ism."

While I'm not yet a wholesale vegetarian, this revelation has thrown my dinner strategizing into a tailspin. My process used to go something like this: I have some pork chops. What farmer's-market bounty might I surround them with? Did I have it all backward? Does every one of us majorly carnivorous Americans have it backward? Shouldn't it instead be: I have kabocha squash. What meat should I have as a side dish? Or: I have this huge bag of masoor dal. Maybe tonight's the night I debut a curried red lentil soup with yogurt.

I have also taken the Meatless Monday pledge, which I've noticed has rather insidiously begun to morph into Meatless Morning and Meatless Afternoon pledges. How far will I take it? I can't say for sure, but at this point, I'd be crazy not to keep my options open. +

B+S ONLINE To swap recipes and ideas with other veggie-minded folks, visit **wholeliving.com/veggie-lovers**

VEGAN TILL DINNER

Food journalist and *New York Times* columnist Mark Bittman is a "less-meatatarian": Before 6 p.m., he eats only fruits, vegetables, whole grains, and legumes; after six, he has whatever he pleases.

B+S: What prompted you to change your diet?
MB: I noticed that the quality of the food most people were eating was getting worse, animals were being treated worse, the environment was suffering, and people—myself included—were getting fatter and less healthy. My goal was to encourage people to eat more consciously overall.

B+S: When did you notice results?
MB: After a few months, my cholesterol went down, and I lost about 35 pounds.

B+S: What do you eat?
MB: Today I had cooked multigrain cereal with maple syrup for breakfast, and I'm going to a vegetarian restaurant for lunch. If I were home, I'd probably eat rice and beans or a stir-fry over some grain.

B+S: Has eating less meat changed the way you cook?
MB: I like tofu more. But I still don't like tempeh (and I'm not sure anyone else does either).

B+S: The diet must be cheaper.
MB: It's absolutely cheaper. Forty dollars' worth of grains and vegetables is a ton of food. Forty dollars for fish and meat and cheese won't go nearly as far.

—SARAH KARNASIEWICZ

16 TIMES more fossil fuels are needed to create one steak than to produce a plate of broccoli, eggplant, cauliflower, and rice.

28% OF THE WORLD'S assessed fishery stocks are "overexploited or depleted," according to a 2008 estimate from the Food and Agriculture Organization.



TOMATO SOUP
WITH POACHED EGGS

Vegging Out: A Strategy Guide

Recalibrate psychologically. It's not about denial—it's about bounty and adventure. Seek out ethnic grocery stores: Their aisles are filled with inspiration. (Can you say Chinese Forbidden Rice?) Pick up vegetables you've never tried before: ivory eggplants, Tuscan kale, Jerusalem artichokes.

Don't do anything radical. "You can't just say, 'I'm not going to eat meat anymore,'" says author Kim O'Donnel, who embraced the Meatless Monday pledge. "Institute change in baby steps." Her book *Licking Your Chops*, coming out later this year, will offer 52 meat-free menus.

Build your meals around a vegetable or flavorful ingredient like ginger or coconut milk instead of a piece of meat. In most cuisines, meat is served as a side dish. The vegetables and grains get equal real estate.

Eat out at ethnic restaurants (Mexican, Thai, Chinese, Indian) where vegetarian dishes are standard. At American restaurants, vegetarian dishes can often feel more like something "done special," says Tal Ronnen, author of *The Conscious Cook*, "like a bunch of side dishes thrown together, which means you leave feeling unsatisfied."

Consider transitioning with meat substitutes. Look for products made without additives, like Gardein. Ronnen, who worked on the development of Gardein products, says, "You're more likely to succeed with your family if you replicate their favorite chicken pot pie instead of just springing a quinoa pilaf on them out of the blue."

Don't call yourself a vegetarian. Cornell nutritionist T. Colin Campbell says, "That term is so loaded," and it can sometimes set you back. (He prefers calling it "a plant-based, whole foods" diet.) Ideologically, you take some of the pressure off by ignoring the politics and just concentrating on the extraordinary health benefits.

Make sure your meals have a stick-to-your-ribs quality. As author Tara Weaver says, "Make hearty food using beans and grains and other ingredients that will stay with you, especially in winter. Don't subsist on lettuce and carrot sticks."

Use strong flavors. Says Weaver: "You never want to feel your dinner is a paler version of what it once was." She recommends experimenting with flavors that replicate meat sensations. "So many people don't know about smoked paprika!" she says. "It's not super spicy and has this wonderful smoky flavor that people who like ham and bacon are used to." And caramelized onions, she says, "are the bacon of the vegetarian world," adding a viscosity and a "sort of greasiness" that meat eaters can sometimes miss when they switch. —J.R.

ABOUT 98 POUNDS OF BEEF, 67 POUNDS OF PORK, AND 102 POUNDS OF CHICKEN ARE PRODUCED FOR EACH AMERICAN ANNUALLY.

REPORTED BY KATHARINE MIESZKOWSKI

Meatless Proteins

"People don't know you can get all your protein from a good mixture of reasonably intact grains, legumes, fruits, and vegetables," says T. Colin Campbell, professor emeritus of nutritional biochemistry at Cornell University. We require about half a gram of protein for each pound of body weight. —J.R.

FOR VEGETARIANS WHO EAT EGGS AND DAIRY
(lacto-ovo vegetarians)

1 percent milk (1 c.)	8 g
Yogurt (6 oz.)	6 g
Large boiled egg	7.5 g
Cheddar cheese (1 oz.)	7 g

FOR STRICT VEGETARIANS WHO EAT NO ANIMAL BYPRODUCTS
(vegans)

Lentils (1 c. cooked)	18 g
Black beans (1 c. cooked)	15 g
Veggie burger	about 13 g
Chickpeas (1 c. cooked)	12 g
Quinoa (1 c. cooked)	8 g
Peanut butter (2 Tbsp.)	8 g
Almonds (1 oz.)	6 g
Soy milk (1 c.)	8 g
Bulgur (1 c. cooked)	5.5 g
Wheat bread (2 slices)	7 g
Cooked spinach (1 c.)	5 g
Cooked broccoli (1 c.)	4 g
Tempeh (4 oz.)	41 g
Seitan (3 oz.)	31 g

The Vegetarian Bookshelf

- ***Vegetarian Cooking for Everyone*** by Deborah Madison
- ***How to Cook Everything Vegetarian*** by Mark Bittman
- ***World Vegetarian*** by Madhur Jaffrey
- ***Super Natural Cooking*** by Heidi Swanson
- ***Vegan Soul Kitchen*** by Bryant Terry
- ***The Enchanted Broccoli Forest*** by Mollie Katzen
- ***The Conscious Cook*** by Tal Ronnen
- ***Moosewood Cookbook*** by Mollie Katzen
- ***Licking Your Chops*** by Kim O'Donnel
- ***Hot Sour Salty Sweet*** by Jeffrey Alford and Naomi Duguid
- ***Chez Panisse Vegetables*** by Alice Waters

SHALLOT-MARINATED TOFU WITH MISO DIPPING SAUCE

SERVES 3 TO 4 V

1. Slice one container **extra-firm tofu** into ½-inch pieces. Place a double layer of paper towels on a baking sheet, and arrange tofu on towels. Top with double layer of paper towels and a baking sheet. Weight down with a few cans for 20 minutes.
2. Whisk together 3 Tbsp. **lemon juice,** 1½ tsp. grated **lemon zest,** 3 Tbsp. **orange juice,** 3 Tbsp. **grapeseed oil,** 3 thinly sliced **shallots,** 2 Tbsp. finely shredded **cilantro,** and 1 tsp. **Dijon mustard.** Season with **salt and pepper.**
3. Transfer tofu to a baking dish, and pour marinade over top. Refrigerate for 1 hour.
4. Remove tofu, scraping off excess marinade, and set marinade aside. Heat a nonstick pan over medium heat. Add tofu in a single layer and cook until crisp, about 6 minutes. Turn and cook the other side, 3 minutes more. Remove from pan.
5. Add shallots and remaining marinade to the pan. Simmer until shallots are tender, about 6 minutes. Spoon over tofu and serve immediately with miso dipping sauce.

MISO DIPPING SAUCE

Whisk together ¼ cup **orange juice,** 1 Tbsp. **miso,** 2 Tbsp. **grapeseed oil,** 1 tsp. grated **ginger,** 1 tsp. grated **garlic,** 1 tsp. **rice vinegar,** and ¼ tsp. **kosher salt.**



prop styling by Tanya Graff

B+S ONLINE For 30 more of our favorite meatless meals, visit **wholeliving.com/vegetarian-recipes**

TOMATO SOUP WITH POACHED EGGS

SERVES 4

- **2 Tbsp. extra-virgin olive oil, plus more for toast and drizzling**
- **3 to 4 cloves garlic, thinly sliced, plus one clove for toast**
- **Pinch of hot red pepper flakes**
- **1 28 oz. can whole peeled tomatoes, coarsely chopped, with juice**
- **3 c. water**
- **1½ tsp. kosher salt**
- **¼ tsp. freshly ground black pepper**
- **4 large eggs**
- **4 slices rustic bread**
- **Shredded basil, for garnish (optional)**

1. In a straight-sided skillet over medium heat, cook the oil, sliced garlic, and pepper flakes until garlic is just beginning to turn golden, about 5 minutes. Add the tomatoes, water, salt, and pepper.
2. Bring mixture to a boil, then reduce heat to low and simmer covered for 10 minutes.
3. Crack one egg into a small bowl. Carefully lower edge of bowl into simmering liquid, allowing egg to slip into pot. Repeat with remaining eggs. Cover pot and cook until whites are cooked through, 3 to 4 minutes.
4. Meanwhile, brush bread with oil and broil until golden; rub with garlic. Place one slice in each of four shallow bowls; sprinkle with basil. Spoon soup and poached eggs over toast, drizzle with a little more oil, and serve immediately.

MUSHROOM, SPINACH, AND SCALLION TART

SERVES 8

- **1 lb. mushrooms (combination of button and shiitake), trimmed and sliced ½-inch thick**
- **5 Tbsp. extra-virgin olive oil**
- **1 tsp. kosher salt**
- **12 scallions, ends trimmed and cut into 2-inch pieces, washed and shaken dry**
- **3½ c. (about 4 oz.) flat-leaf spinach, stemmed, washed, and shaken dry**
- **10 sheets phyllo dough, 14 by 9 inches each**
- **6 oz. fresh goat cheese (about ⅔ c.)**
- **3 large eggs**
- **⅓ c. milk**
- **3 Tbsp. chopped mixed fresh herbs, such as dill and cilantro**

1. Preheat oven to 425°.
2. On a baking sheet, toss mushrooms with 2 tablespoons oil and ¾ teaspoon salt. Roast for 10 minutes. Toss in the scallions and roast for 15 minutes more. Push mushrooms and scallions to one side and place spinach on empty side, roast until wilted, about 3 minutes. Let cool briefly, then squeeze spinach dry.
3. Brush an 11-by-7-inch rectangular tart pan with a removable bottom (or a 10-inch round pan) lightly with some of the remaining oil. Working with one piece of phyllo at a time and keeping the rest covered with plastic wrap, brush a sheet of the pastry very lightly with olive oil. Fit into tart pan, leaving a one-inch overhang. Brush a second sheet with oil and fit into pan. Repeat with remaining sheets, creating a crust that is at least five layers thick over the bottom of the pan. Fold edges at top.
4. Crumple a double layer of aluminum foil into a rectangle the size of the bottom of the tart and fit into crust to weight down center. Place on a baking sheet and bake until edges are golden and begin to set, about 7 minutes. Remove foil and bake until golden all over, about 3 minutes more. (Remove from oven, leaving baking sheet. Tent edges with foil if browning too quick.)
5. Reduce oven to 375°. In a blender, puree the goat cheese, eggs, milk, and remaining ¼ teaspoon salt until smooth. Add herbs and pulse to combine. Spread vegetables over crust and pour custard over top.
6. Place tart back on baking sheet in oven and bake until custard is set, 20 to 23 minutes. Pull tart from oven and let cool 10 minutes on wire rack. Remove sides of pan and cool at least 10 minutes more, until ready to serve. If not serving right away, slide off of bottom and onto wire rack.

SPRING VEGETABLE RAGOUT

SERVES 4

Serve this light ragout over pasta, polenta, or tortellini to make it a main dish. Sprinkle with Parmesan and drizzle with oil.

- **3 medium leeks, white and pale green parts only, halved lengthwise and thinly sliced into half moons (about 2 c.)**
- **1 Tbsp. extra-virgin olive oil**
- **1 tsp. kosher salt**
- **12 oz. asparagus, trimmed and cut into 1-inch pieces (about 2½ c.)**
- **1 c. water**
- **6 oz. sugar snap peas, cut into 1-inch pieces (about 1½ c.)**
- **8 radishes, quartered**
- **1 tsp. Dijon mustard**
- **1 Tbsp. unsalted butter**
- **1 Tbsp. minced fresh herbs, such as chives and tarragon**

1. Soak leeks in cold water 5 minutes; lift out and drain. Repeat until no grit remains on bottom of bowl. Set aside.
2. Heat oil in a large skillet over medium-high heat. Add leeks and salt and sauté until leeks are tender, about 2 minutes. Stir in asparagus, then water. Simmer covered for 2 minutes. Add snap peas and radishes, cover, and simmer for 2 minutes more.
3. Stir in mustard until well combined, then swirl in butter and herbs. Serve immediately.

SPICY CAULIFLOWER

SERVES 4 V S

- **3 Tbsp. grapeseed oil**
- **¾ tsp. whole cumin seeds**
- **1½ tsp. whole mustard seeds**
- **1 large onion, thinly sliced (about 3 c.)**
- **¼ c. finely shredded peeled ginger**
- **5 cloves garlic, very thinly sliced**
- **1½ tsp. kosher salt**
- **1 medium head cauliflower, about 2 lbs., cut into large florets**
- **¾ c. water**
- **1 c. cooked chickpeas**
- **1–2 small red chiles, thinly sliced, seeds removed for less heat**

1. Heat 1 tablespoon of the oil over high heat in a large skillet. Add spices and cook until fragrant and golden, 30 seconds to 1 minute. Stir in the onion, 3 tablespoons ginger, 3 tablespoons garlic, and ¾ teaspoon salt. Cook until onions are tender and golden at the edges, 4 to 6 minutes. Remove from pan and set aside.
2. Wash and dry pan and return to medium-high heat. Add 1 tablespoon oil; heat until shimmering. Add half the cauliflower and brown on one side, 3 to 5 minutes. Remove from pan, and repeat with remaining oil, cauliflower, ginger, and garlic.
3. Combine batches of cauliflower in pan. Add water and remaining salt. Bring to a simmer, cover, and cook until tender, 5 to 7 minutes. Stir in chickpeas and chiles; cook uncovered until chickpeas are heated through and liquid is gone, about 3 minutes.
4. Stir in onions and serve.

V **Vegan** no animal derivatives
S **Special diet** no dairy, wheat, soy, eggs, peanuts, or tree nuts

gather

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READS THAT FEED

THE ROAD HOME

Three new works of fiction compassionately explore the mystifying terrain of family life.

HERE'S WHAT SURPRISED ME most about my marriage: It wasn't a cure-all for the wounds left by my past. Starting my own family just led me to reconsider how I'd formed in my parents' hands.

Two new novels feature women who have similar revelations. The heroines of Katherine Shonk's *Happy Now?* and Katie Crouch's *Men and Dogs* have both moved home after their marriages have ended. Both novelists weave the past into the turbulent present. And both portray family as an enduring mystery.

In *Happy Now?,* 38-year-old Claire finds herself widowed when her husband, Jay, takes his own life. She moves in with her pregnant sister, Nomie, and her husband; Claire's divorced parents are also on hand—her mother checking to see she's eating properly, her father tracking Claire's every move.

Claire feels the uncomfortable intimacy as her family helps her cope. When Nomie takes to sleeping with her at night to comfort her—and possibly to escape her own marriage—Claire realizes, "They were a strange family, incident or no incident."

In the search for an answer to the riddle Claire's life has become—how to move forward when one has been mercilessly left behind?—Shonk offers clues not only to Claire's psyche but also to Jay's. On the night of his suicide, Jay left a voice-mail message that sounded like his heartbeat, as if he'd pressed the phone to his chest in a wordless effort to convey how difficult his decision had been. But even this becomes a poignant mystery: Was it Jay's heart or something more mundane?

In *Men and Dogs*, Crouch—whose last novel, *Girls in Trucks,* was a *New York Times* best-seller—moves nimbly between poetic chapters about Hannah's childhood and a hard-edged look at her life now, staying with her mother and stepfather after her husband has taken up with another woman. Hannah is left to unravel the disappearance of her father, who never returned from a fishing expedition when she was 11; she's never stopped believing he might still be alive.

As Hannah careens from her mother's house to her brother's to an ex-boyfriend's—all the while secretly yearning to reconcile with her husband—she is torn between clinging to the myth of her father and stepping into the reality of her life.

Admirably, neither book resolves its mystery in the end; rather, both nudge their characters toward a deeper truth: acceptance.

Another notable new work of family fiction: A.L. Kennedy's short-story collection *What Becomes.* In "Wasps," about a couple's efforts to put on a good face for their boys, Kennedy writes of a mother observing her youngest son, "Another year or so and he'd have noticed what [his older brother] Sam has already figured out—that love and pain are names for the same thing. Give one, mean the other. Get one, want the other. Mean one, get the other back for it. Want one, want the other, want both."

It's a fitting summary for all three books, nuanced chronicles that they are of the heartbreak and happiness of family life. —NELL CASEY



Book bag

Men and Dogs
by Katie Crouch
(Little, Brown and Company)

What Becomes
by A. L. Kennedy
(Knopf)

Happy Now?
by Katherine Shonk
(Farrar, Straus and Giroux)

this page, photographs from top: James Ross; Raymond Hom. opposite page: photograph from the Everett Collection, Inc.

MOVIE NIGHT



^^ *Clockwatchers*

CIRCLE OF FRIENDS

"The only way to have a friend is to be one," Ralph Waldo Emerson once said, a maxim thoughtfully explored in three films well worth adding to your queue.

> **In *Old Joy* (2006), two friends who have drifted apart—domesticated Mark, and Kurt, a free-spirited hippie—take a trip to Bagby Hot Springs in Oregon. Director Kelly Reichardt's keenly observed script captures the intimacies of shared memories and the painful silences that often follow.**

> **The three teenage girls in Jim McKay's *Our Song* (2000) see the bonds they've formed as residents of the same housing project tested as each faces a future-making decision. Remarkable for the chemistry among its lead actresses, *Our Song* introduced the world to the formidable talents of Kerry Washington.**

> **Camaraderie of a different sort bonds colleagues at the soul-crushing office of Global Credit in Jill Sprecher's sharp comedy *Clockwatchers* (1997). Led by Toni Collette as a shrinking-violet temp, the gifted cast also includes Lisa Kudrow and Parker Posey. —MELISSA ANDERSON**

PLAYLIST REFRESHER

Download these if you love . . . Fleetwood Mac.

> **SHE & HIM, VOLUME TWO** (March 2010, Merge Records) Zooey Deschanel's California-girl vocals have an intimate honesty Stevie Nicks would appreciate, over a shimmering backdrop of strings.

> **PETE YORN & SCARLETT JOHANSSON, BREAK UP** (2009, Atco/Rhino) Inspired by the stylings of '60s boy-girl duos, Pete brings the lovelorn blues, Scarlett the husky-voiced sex appeal.

> **FLEET FOXES, FLEET FOXES** (2008, Sub Pop) This Seattle five-piece makes laid-back West Coast rock, with countrified harmonies and a folky edge so pure it could be straight out of 1975. —LIZA GHORBANI



photograph by Mark Seliger

NEW RELEASE

RHYTHM AND VERSE

Natalie Merchant sets poetry to music

For *Leave Your Sleep,* her first studio album in seven years, Natalie Merchant collaborated with musicians she'd dreamed of working with (the Wynton Marsalis Quartet, the Klezmatics) and writers she'd never imagined working with (E.E. Cummings, Mother Goose). The new collection, which she calls "the most elaborate project I have ever completed," features everything from bluegrass to Celtic folk.

Q Why poetry?

A I'd been inspired by a couple of projects—one with the British composer Gavin Bryars, making songs from Shakespeare's sonnets. Another was with Billy Bragg and Wilco, setting some of Woody Guthrie's unknown lyrics to music [*Mermaid Avenue,* 1998]. And after I had a child, I realized my songwriting process required almost a trance-induced meditation. I just couldn't pull it off anymore. So I drew from this huge reservoir of other people's writing. I narrowed the field to poems that described the innocence or experience of childhood. My daughter was my muse, but it's not a children's record.

Q How did you match poems and musical styles?

A Sometimes it was obvious. "The Janitor's Boy" had to be early jazz, because it was written by Nathalia Crane, a young girl who was a sweetheart to the nation during the Jazz Age. And some poems I took completely out of context, like "Topsy-Turvy World," which was written by William Brighty Rands, a British Victorian preacher; I turned it reggae.

Q Do you think the poets would have approved?

A That's one of the luxuries, that they aren't around to complain! But Jack Prelutsky, the only living poet, loves [the doo-wop "Bleezer's Ice Cream"]. When I was doing the research, I found a letter Gerard Manley Hopkins had written about "Spring and Fall: To a Young Child" [on the album in a full-string-orchestra arrangement]. It said, "I will enclose a little piece I composed...in walking from Lydiate. It is to have some plainsong music to it." My body went cold!

Q Who's your favorite poet?

A Billy Collins makes me laugh so hard. His poem "The Lanyard"—it's all about his excitement, as a boy, of giving his mother a lanyard that he had woven at summer camp. "She gave me life and milk from her breasts, / and I gave her a lanyard." You laugh, but by the end you're crying too, because it's all about the inadequacy of anything you can do to repay your mother. —Amy Maclin

Leave Your Sleep (Nonesuch Records) will be released on April 13. +



THE PRICE WE PAY
All things considered, buying local and organic may be less costly than you think.

What's It Worth?

When we try to align our spending with our personal values, the equation can become complicated.

BY M. P. DUNLEAVEY

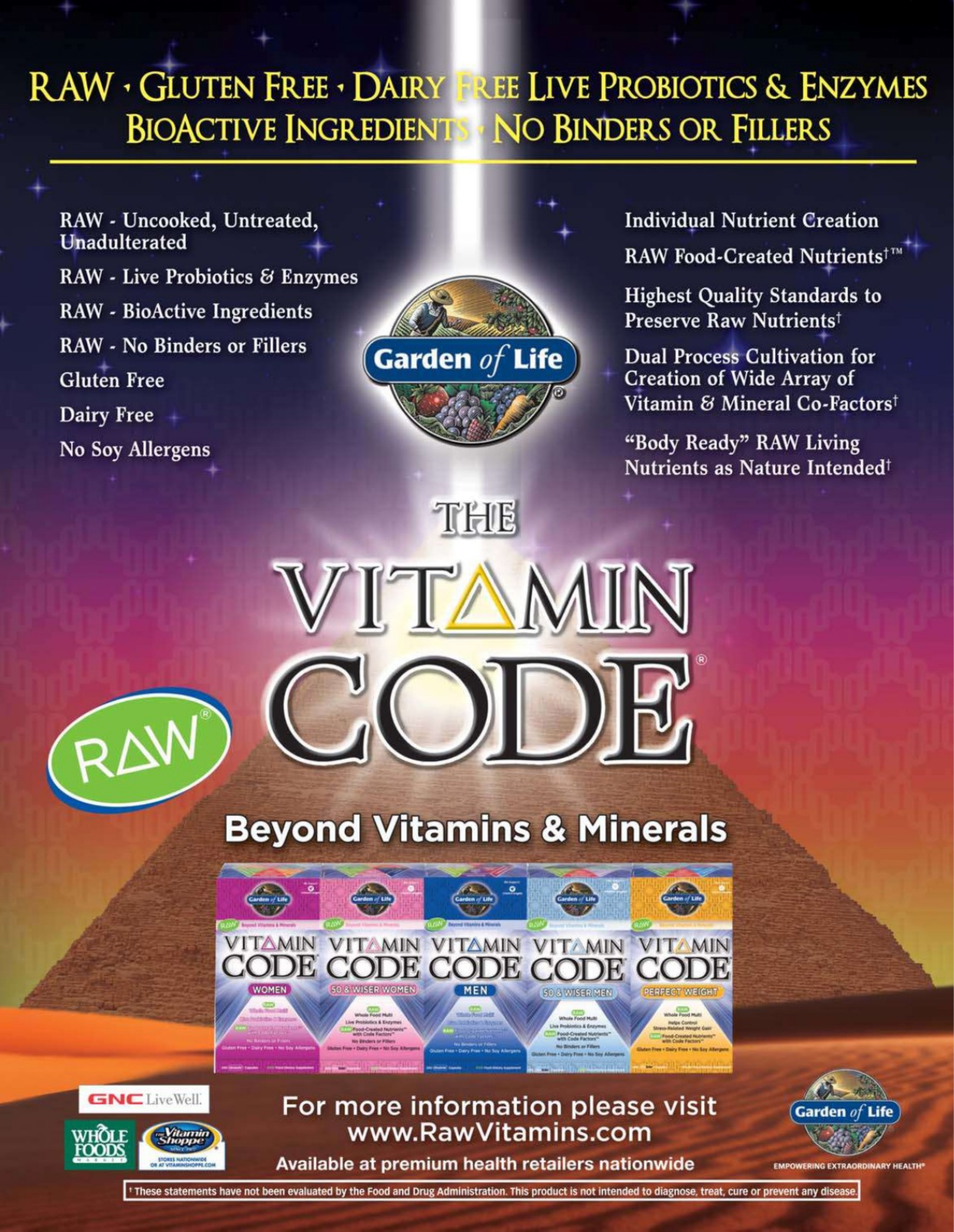
LAST FALL I BROKE THROUGH an internal spending barrier—the ingrained rule that cheaper is better—and shelled out $15 for a certified-organic, free-range, blessed-by-virgins chicken. It cost about three times what a supermarket bird might cost, and I found myself thinking, *My mother would never do this.* Like most women of her generation, my mother shopped for value: She tried to get the most for her money, especially when it came to food. She clipped coupons, took advantage of sales, bought in bulk, and could wring at least four meals from a single (non-organic) chicken.

Although I grew up admiring my mother's thrift, emulating it in my 21st-century life is another story. These days, the old cheaper-is-better equation doesn't necessarily compute, as the traditional notion of value comes into conflict with a raft of more personal values that influence how and why we spend. The impact of chemicals on our health and the environment, worries about overseas manufacturing standards, dietary sensitivities, the push to buy local—these and many other factors influence how we evaluate the products we purchase. Price is only part of it, which makes doing the math a more nuanced, and annoying, proposition.

I've found myself standing in a local toy store (local, good!), poring over the label of a Thomas the Tank Engine train (made in China, bad?), and deciding that paying the (likely) higher price at the local shop outweighs going elsewhere (more driving = more gas) to find either an American-made toy (do they exist?) or a cheaper one. Sigh.

Whether you're weighing the cost of sunglasses or solar panels, economists consider the above an exercise in so-called full-cost accounting, a method that assesses immediate and future outlays as well as short- and long-term advantages. Full- or true-cost accounting is one of the ways that scientists are rethinking some of the supply-and-demand equations that still, in large part, govern our ideas of what things should cost. If manufacturers can make cheaper sneakers in factories abroad and people prefer to buy cheaper

photograph by James Wojick


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"INSTEAD OF PAYING LESS AND CONSUMING LESS—HOW QUAINT!—CHEAP STUFF MEANT YOU COULD GO HOG WILD AND GET A NEW WARDROBE EVERY YEAR."

sneakers, it's a win-win for both company and consumer, right?

That reasoning is falling out of vogue. We've all just emerged from a decades-long spending spree when cheap wasn't just good, cheap was king. And now the bills are coming due. Discount consumerism, which thrived largely thanks to the geyser of easy credit that spewed through the Aughts, gave us Walmart, warehouse clubs, outlet malls, big-box stores, and IKEA. ("It's a big world, someone has to furnish it.") Almost overnight, it seemed, the point of low prices was turned inside out. Instead of paying less and consuming less—how quaint!—cheap stuff meant you could go hog wild and get a new wardrobe every year and new linens every season. Been there, done that, regret the aqua-and-brown thing.

In her compelling book, *Cheap: The High Cost of Discount Culture*, Ellen Ruppel Shell tears into many of our cultural beliefs about price versus worth. A correspondent for *The Atlantic* and a journalism professor at Boston University, Shell notes that compared with the early 1970s, "in 2007 we spent 32 percent less on clothes, 18 percent less on food, 52 percent less on appliances, and 24 percent less on owning and maintaining a car." But buying cheaper goods comes with a hidden price, a carrying charge that it doesn't pay to ignore: Nabbing a $39 end table on sale at Costco, say, channels your money into an industry that relies on dubious materials, low-cost labor, and glue that always seems to crack after six months. It's a costly spiral, Shell says: "These items have to be produced for less and less, and environmental and health concerns have to be cut."

Like many, Shell believes a backlash is under way. "People are fed up with the low-price, high-consumption model," she says. "They're hungering for things that are real, for better quality at a moderate price." But getting back to my chicken, the only trouble with getting real is that locally grown, sustainably harvested, certified organic, handcrafted—pick your meaningful descriptor—tends to be expensive.

Or does it? Shell believes that "the dichotomy between quality and price is a false one. You can have good quality at a reasonable price." What's required is partly a perceptual shift and partly a behavioral one. After a visit to Price Chopper, of course, the $15 I spent on my local organic chicken is going to seem expensive—but it's not too much to pay for what I believe in: eating well, sparing my family the extra hormones, supporting a small agribusiness (aka: farm). I wish I could afford smart decisions like that in every realm, but like most working families, we have limited funds, and I must pick my battles. The unexpected upside that I've found: As my values shift away from the thrill of constant shopping—farewell, H&M!—I have more money in my pocket to buy better quality. That's worth it. +

product guide



Items pictured but not listed are from private collections.

10 EDITOR'S LETTER
Stella McCartney blue-and-white-striped jacket, $1,495, blue jeans, $375; *stellamccartney.com.* Monrow draped-neck tee in ash, $88; *revolveclothing.com.* Mociun diamond earrings with silver stone, $450, double point necklace, $530, emerald necklace with gold stone, $380, turquoise cluster necklace, $530; *store.mociun.com.*

26 THE MERCHANT OF GREENNESS
Enza Costa loose long-sleeve scoop in white (2), $124; L Boutique, Delray Beach, Florida, 561-638-6737. Joe's Jeans the Muse jeans, $167; *joesjeans.com.* Rachel Pally wrap jacket in cream, $190; Gena Chandler, Raleigh, North Carolina, 919-881-9480. Banana Republic Rosita open-toe high-heel clogs, $98; *bananarepublic.com.*

49 HAZARD-FREE HUES
Rachel Pally low-back tank sweater dress in putty, $176; *shopbop.com.*

59 WHAT DO I DO WITH AN... ARTICHOKE?
Artichokes provided by Ocean Mist Farms.

96 STOP STRESSING, START LIVING
Enza Costa loose long-sleeve scoop in dark heather grey, $124, Kickback racer tank in dark heather gray, $115; *revolveclothing.com.* **PAGE 97** Allen B. for JCPenney long-sleeve stripe top, $30; 877-346-3527. Levi's Red Tab Juniors army jacket, call for price; 800-872-5384. Joe's Jeans Chelsea in paltrow, $172; *joesjeans.com.* Sam Edelman Gigi sandals, $50; *wishshoes.com.* American Eagle Outfitters Eagle plaid double-weave shirt, $40; *ae.com.* Levi's slim straight 514 jeans, $54; 800-872-5384. **PAGES 99 AND 101** Joe's Jeans Chelsea in paltrow, $172; *joesjeans.com.* American Eagle Outfitters AE shirt-tail tank in bright cricket, $16; *ae.com.* Enza Costa Kickback racer tank in dark heather gray, $115; *revolveclothing.com.* Old Navy faux-leather T-strap sandals in yellow, $20; *oldnavy.com.* Rachel Pally cotton pocket tank in white, $82, cotton wrap jacket, $145; *shopbop.com.* J.Crew Skimmer pants in slate, $70; *jcrew.com.* 925L.A. wrap bracelet, $225; *shopdiavolina.com.* Levi's slim straight 514 jeans, $54; 800-872-5384. J.Crew broken-in slim no-pocket V-neck tee in old metal, $25; *jcrew.com.* The Children's Place roll-up pants in sandal, $15; *childrensplace.com.*

photograph by John Dolan, grooming by Dale Johnson, wardrobe by Zoe Glassner



WORDS TO SAVE YOUR DOG'S LIFE

BY DIXIE LAITE

MY DOGS ARE SUCH GOOD listeners, letting me prattle on about my weight, the deficit, Hugh Laurie. But as important as those topics are, the words I *really* want them to pay attention to are two life-saving commands.

"DOWN!" Returning from a romp in New York City's Central Park, my friend Alice stopped to reattach her dog Jet's leash when the tennis ball he'd been chasing rolled into a busy street. Jet thought, *Don't worry, I've got this one*, as he bolted into traffic to rescue it.

Alice bellowed, "Down!" and Jet immediately dropped into position while cars pummeled his ball into oblivion.

"I believe the most important thing we can teach our dog is 'Down,'" says Kevin Behan, author of *Natural Dog Training*. It's one of the first commands he teaches. "Most people yell a dog's name in a crisis, which is often a mistake," Behan says. That just makes him excited but gives no direction. "There's no instinct in a dog to come when called if something thrilling beckons on the horizon," Behan explains. But the "Down" command aligns with a dog's "natural response to lie down as a means of coping with danger," he says.

"LEAVE IT!" This is the other command you need in your lexicon, according to certified trainer Sherry Woodard from Best Friends Animal Sanctuary in Kenab, Utah. It's critical, she says, in case Sparky "picks up something dangerous, starts to drink from a toxic puddle, or even gets in a squabble." Woodard promises teaching the command isn't hard:

> Prepare a pouch with treats.
> Place a boring, unfamiliar item (like an unopened can of human food) on the floor.
> As your dog starts to sniff it, say "Leave it" happily while popping a treat into his mouth.
> Change the item to something else he won't want, and repeat. Each time have the dog move farther to reach the treat.
> After using five different items at ever-growing distances, you can start putting down more exciting things. (Don't use ordinary stuff your dog would likely find on a walk, like a tissue. The goal is that eventually your dog will turn to you every single time he hears "Leave it!") You can change the reward to a toy, but always praise lavishly.

Keep the lessons short, and stop if your dog seems overwhelmed. Training will help your dog gain confidence, Woodard says, as well as stay safe and live longer.

Hear that, Lulu and Dr. Waffles? Think of all the fascinating conversations—and *House* marathons—we have ahead of us. +

illustration by Francesco Bongiorni



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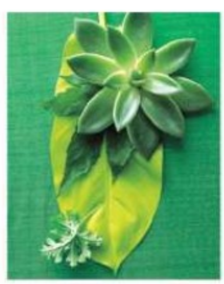
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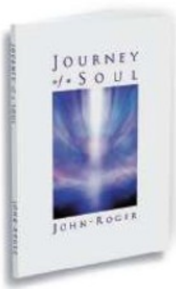


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ANNE LAMOTT

The spiritual essayist (*Traveling Mercies, Plan B, Operating Instructions*) and novelist (*Crooked Little Heart, Blue Shoe,* and this month's *Imperfect Birds*) reveals her personal pleasures and wise words to live by.

AS TOLD TO LORI LEIBOVICH

MY FAVORITE MOMENT OF THE DAY IS ... Waking up, saying prayers of gratitude, then greeting the dogs and the cat, who are all on the bed.

IF I COULD SAY ONE THING TO MYSELF 20 YEARS AGO ... The single least important thing in life is how your thighs look.

THE LESSON I KEEP LEARNING OVER AND OVER ... All of my suffering is mental.

WHAT SCARES ME MOST ... The thought of something bad happening to my grown son.

NO ONE KNOWS I ... Buy new gossip magazines every Friday—*People, US Weekly,* even the *National Enquirer*—and binge-read them.

UNHEALTHIEST MEAL ... Carrot cake frosting.

PERSONAL PHILOSOPHY ... "And we are put on earth a little space / That we may learn to bear the beams of love." —William Blake

I FEEL HEALTHY WHEN I ... Don't eat sugar or white flour.

I UNWIND BY ... Reading gossip magazines (see above) while eating carrot cake frosting (see above).

PROUDEST MOMENT IN MY CAREER ... Making the Modern Library 100 Best Nonfiction books of all time for *Operating Instructions*.

MY FATHER ALWAYS TOLD ME ... To remember what Auden said—read *The New Yorker,* trust in God, and take short views.

MY MOTHER WAS RIGHT ABOUT ... Yorkshire pudding and George McGovern.

MY MOTHER WAS WRONG ABOUT ... Appearances being all-important.

THE MOVIE I WATCH WHEN I WANT TO LAUGH IS ... *The Big Lebowski.*

I ALWAYS FEEL SANER WHEN I ... Take a long walk; go to church; call one of my two best friends and tell them how crazy I feel and how profoundly annoying I am finding the whole world and most people right at that moment, then letting them love and accept me as I am, and letting them help me (against all odds) get my sense of humor back.

HOME MEANS ... My couch and my study, where I write and read and meditate (daily, if poorly).

WHOLE LIVING MEANS ... God, walks, dogs, cat, reading, friends, radical self-care.

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The Eco-Grain™ movement is starting small, but with your help it won't stay that way. You see, if more wheat farmers see how well Eco-Grain™ wheat sells, they'll be more likely to grow it using these more sustainable farming methods. That's where you come in.



Can your turkey sandwich help save the Earth?

Now, you're probably going to the store anyway, so why not do a good deed while you're at it? By simply buying our tasty and wholesome EarthGrains® bread, you're supporting a way of farming that needs all the support it can get. And you could do it the next time you run out to buy milk, trash bags or hummus.



HELPING TO PRESERVE THE EARTH, ONE FIELD AT A TIME.

At EarthGrains Baking Companies, we're committed to making a real difference — one wheat field at a time. You can help, too — one sandwich at a time. The impact on the environment from Eco-Grain™ wheat so far has been small, but with lots of farmers growing it, the impact could be very big.

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